

Published based on [The 12 Dirtiest Fruits & Vegetables](#)

# The 12 Dirtiest Fruits & Vegetables

When you go to the grocery store have you ever noticed how all of the fruits and vegetables there look almost perfect? Well, they are. If you have a fruit tree or have a garden with fruits and vegetables in it, you have probably notice how your fruits and vegetables don't turn out like the ones at the grocery store. The reason why your fruit and vegetables don't look like the ones at the grocery store is because the ones at the grocery store have tons of chemicals in them to make them look perfect. Some fruits and vegetables require more chemicals than others to look perfect. Here is a list of the twelve fruits and vegetables that require lots of chemicals and the twelve fruits and vegetables that require the least amount of chemicals.

In the plant world, the equivalent of beauty products are the dozens of chemicals that farmers use to fend off insects, pests, weeds, fungal attacks, and rot. Not surprisingly, plants that are more vulnerable to attack need more of them. To help you tell which is which (and, therefore, which are best to eat organic, as opposed to those you can buy conventionally to save money), the Environmental Working Group publishes two lists—the Dirty Dozen and the Clean 15. The EWG rankings are based on USDA-tested levels of chemical residues that remain on conventionally raised fruits and vegetables after washing. Revised lists came out in the spring, with a couple of surprising new additions. But if you should find yourself in the grocery store without the lists in hand, not to worry. There are logical reasons some types of produce are "dirtier" than others. The clues are in the plants. Read their stories, and you'll never wonder again which is which—and where you can economize.

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