

# 10 Organic Foods You Should Buy

## Organic Foods

Here is the list of Organic Foods every one should be aware of.

### Apples



Pesticides remain on and in apples after harvesting and washing, an unappetizing thought.

Conventionally grown apples contain the highest traces of pesticides in supermarkets than any other crop. Even after apples were washed, 48 types of pesticides were discovered by the EWG. Farmers use a wide range of chemicals on apple crops because they're highly susceptible to regional insect infestation and blights. Apple skins absorb these pesticides to fight these environmental problems, but the chemicals remain in the fruit long after harvest. In addition to organic foods apples not being laden with as many pesticides, their skins have been shown to contain 15 percent more antioxidants than non-organic apples.

## Organic Foods:



Celery is porous so pesticides and insecticides sink deep into the stalk.

## Celery

Celery has no protective skin, so it is vulnerable to contact with insecticides and pesticides. Celery stalks are also porous, so they retain the pesticides that they're treated with, which can be up to 13 different types.



Cherry tomatoes have thin skins so pesticides can penetrate the fruit.

## Cherry Tomatoes

In the EWG study, a single sample of cherry tomatoes tested positive for 13 different pesticides. Because of the way they

grow in dense clusters, there's more surface area to spray, which results in more chemical product on the fruit. Their thin skins make it easy for chemicals to leach into the flesh of the fruit.



Once again, pesticides sink into the meat of the cucumber. If you can't find organic, peel the skin to remove the wax that's used as a preservative.

## Organic Foods

### Cucumbers

Non-organic cucumbers were found to contain 69 types of pesticides in the 2013 EWG study. If you can't find organic, peel the cucumbers because the waxes on the skin that make them shiny also tend to hold onto chemical treatments.



Conventional farmers heavily

spray their grapes with pesticides and insecticides. It's best to buy organic grapes that grow as locally as possible.

## Grapes

Grapes ripen quickly, so they're more prone to mold and insects. As a result, grapes are heavily sprayed. The U.S. Department of Agriculture Pesticide Data Program found grape crops contained 34 pesticide residues, four of which are known to be or are probably carcinogenic. When tested, imported Chilean grapes contained 17 various chemicals.



All the pesticides farmers spray on peaches show up not just on the skin but in the flesh, also

## Peaches

In the weeks before harvest, conventional farmers spray peaches with pesticides to guarantee perfect-looking fruits on

the shelves. Even if you wash and peel a non-organic peach before eating it, it would be impossible to get rid of all 62 pesticides found by the USDA.

### **Organic Foods:**



The chemicals on the potato vines and the fungicides on the soil feed right into the potatoes even though they're underground.

## **Potatoes**

Even root vegetables that grow underground are susceptible to chemical treatment. Potato vines grow above the surface, and farmers regularly spray them with pesticides when conventionally grown. Farmers also treat the soil with fungicide to further prevent diseases like potato blight. For this reason, the average potato contains a higher total weight of pesticides than any other edible crop.



Since green, leafy vegetables are a cornerstone to good nutrition, it's best to eat organic.

## Spinach

Farmers spray non-organic salad greens, especially spinach and lettuce, with potent pesticides right onto their leaves. Organic farmers combat the insects and worms that like to snack on them by using traps, non-toxic repellents, and mesh nets to keep natural attackers at bay.

### Organic Foods:



Strawberries are the highlight of spring fruits. Why poison them with pesticides.

# Strawberries

Strawberries are a delicate fruit with thin skin that's prone to growing fungus. To combat this, conventional farmers spray them with pesticides that linger even after they hit the produce section. The nooks and crannies in strawberries also make contain a higher concentration of pesticide compound. Experts have detected almost 60 different types of pesticides in washed strawberries.



Sweet bell peppers, which have so many uses, have thin skins that absorb insecticides.

# Peppers

Peppers, especially sweet bell peppers, are highly susceptible to insect infestation, so when they're grown non-organically, they're generously sprayed with insecticides. Their thin crunchy skins absorb pesticides like a sponge. Testing showed 50 different pesticides on sweet bell peppers. Try to stick to organic peppers.

[ARTICLE SOURCE:](#) We have not modified the factual content from this source on buying organic food. This content is syndicated news that can be used for your research, and we hope that it

can help your productivity. This content is strictly for educational purposes and is not made for any kind of commercial purposes of this blog.



[SEE PRODUCTS](#)