

FRUIT

FRUIT	ORGANIC	CONVENTIONAL PRODUCE				
		VERY LOW	LOW	MEDIUM	HIGH	VERY HIGH
Peaches	👍				Chile, USA	
Tangerines	👍				Chile ¹ , South Africa ¹ , USA, (Australia, Spain)	
Plums	●		USA		Chile ¹	
Nectarines	👍			USA	Chile ¹	
Apples	●		New Zealand		USA	
Strawberries	👍				USA, (Mexico)	
Cantaloupe	●	Honduras, Mexico	Costa Rica, Guatemala		USA	
Cranberries	👍			USA		
Mangoes	●	Mexico	Guatemala	Brazil		
Pears	●		Argentina, USA			
Oranges	●		Chile, South Africa, USA			
Cherries	●		USA			
Grapefruit	●		USA			
Watermelon	●	Guatemala	Honduras, Mexico, USA			
Blueberries	●	Uruguay	Argentina, Canada, Chile, USA			
Grapes	●		Chile, Mexico, Peru, USA			
Raspberries	●		Mexico, USA			
Apple Sauce	●		Canada, USA			
Bananas	●		Columbia, Costa Rica, Ecuador, Guatemala, Honduras, Mexico			
Raisins	●		USA			
Papaya	●	Belize, Brazil, Guatemala, Jamaica, Mexico, USA	Columbia, Costa Rica, Ecuador, Guatemala, Honduras, Mexico			
Peaches, Canned	●	Greece, South Africa, USA				
Pineapples	●	Costa Rica, Ecuador, Mexico, USA				
Plums, Dried (Prunes)	●	USA				

👍 ALWAYS BUY ● RECOMMENDED BUY

¹ Cancer risk greater than 1/100,000
For countries in parenthesis, average score placed country in displayed category, but sample size was small and there is less certainty.

VEGETABLES

COMMODITY	ORGANIC	CONVENTIONAL PRODUCE				
		VERY LOW	LOW	MEDIUM	HIGH	VERY HIGH
Green Beans	👍			Guatemala	Mexico	USA
Sweet Bell Peppers	👍				USA	Mexico
Hot Peppers	👍				USA	Mexico
Winter Squash	●	Guatemala	Honduras, Mexico		USA	
Cucumbers	●		Canada		Mexico, USA	
Summer Squash	●		Mexico		USA	
Snap Peas	●		Mexico, USA		Guatemala, Peru	
Tomatoes	●		Canada	USA	Mexico	
Sweet Potatoes	👍				USA	
Cherry Tomatoes	●		USA		Mexico	
Celery	●	Mexico		USA		
Carrots	👍			Canada, Mexico, USA		
Greens, Kale	●		Mexico	USA		
Potatoes	●		Canada	USA		
Asparagus	●	Mexico	USA	Peru		
Eggplant	●	Honduras	USA	Mexico		
Lettuce	●		Mexico, USA			
Spinach	●	Mexico	Mexico, USA			
Greens, Collard	●		USA			
Cauliflower	●		Mexico, USA			
Cilantro	●	USA	Mexico			
Green Onions	●	Mexico	USA			
Broccoli	●	USA	Mexico			
Mushrooms	●	Canada	USA			
Cabbage	●	Canada, Mexico, USA				
Sweet Corn	●	Mexico, USA				
Avocado	●	Chile, Mexico, Peru				
Onion	●	Peru, USA				

👍 ALWAYS BUY ● RECOMMENDED BUY