



Dirty Dozen (2025):

1. Spinach
2. Strawberries
3. Kale, collard and mustard greens
4. Grapes
5. Peaches
6. Cherries
7. Nectarines
8. Pears
9. Apples
10. Blackberries
11. Blueberries
12. Potatoes, Bell and hot peppers, and Green beans

Clean 15 (2025):

1. Pineapple
2. Sweet corn
3. Avocado
4. Papaya
5. Onions
6. Sweet peas (frozen)
7. Asparagus
8. Cabbage
9. Watermelon
10. Cauliflower
11. Bananas
12. Mangoes
13. Carrots
14. Mushrooms
15. Kiwi