



Fruit & Vegetables





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2018

Dirty Dozen

(always buy Organic)

Clean 15

(OK to buy Regular)

- | | |
|--|---|
|  1. Strawberries |  1. Avocados |
|  2. Spinach |  2. Sweet Corn |
|  3. Nectarines |  3. Pineapples |
|  4. Apples |  4. Cabbage |
|  5. Peaches |  5. Onions |
|  6. Pears |  6. Sweet Peas |
|  7. Cherries |  7. Papayas |
|  8. Grapes |  8. Asparagus |
|  9. Celery |  9. Mangos |
|  10. Tomatoes |  10. Eggplant |
|  11. Sweet Bell Peppers |  11. Honeydew |
|  12. Potatoes |  12. Kiwi |
| |  13. Cantaloupe |
| |  14. Cauliflower |
| |  15. Broccoli |

Nested Blissfully

As much as possible buy organic or grow your own produce from within the 'Dirty Dozen' list.



I love to plant leaves in my home garden... that is, all kinds of leaves to create a really healthy salad base.

Currently my garden has turnip top, beetroot tops, spinach, celery, chard, garlic tops, onion tops, oh and a host of other bits and pieces.

I pick them just before a meal... can't get fresher than that!

The only strawberries I will eat (apart from the few I grow myself) come off a 'pick-your-own' farm nearby my home.

They are not organic but come as 'spray-free'. They follow everything organic but as it takes about 7 years to be approved, these will do just fine for now.






We do have a large apple tree and have enjoyed great crops over the years. It's wonderful to have organic apples on hand, at least during their season.

Cherries and grapes are both on the Dirty Dozen list and are bigtime here in Tasmania. Unfortunately to date, I haven't been able to source organic produce. This year we intend to search harder.





For countless years I wouldn't plant celery in my home garden as I remember when I was a child how I hated the celery my father grew. Ugh... it was so green and strong.

But within the last couple of years I decided to try some, and do you know what? I haven't let myself be without it ever since.

I pick it a stalk at a time and cut it up in my salad greens and it's terrific. I wouldn't buy celery because of the awful sprays... now I don't have to.

And... it's so easy to grow!

I usually grow tomatoes, potatoes and capsicums myself and try to source organic when they run out. Not always possible so I have to choose between going without or trying to scrub well the conventional produce.



Many times it's not possible to remove the sprays as they also come up through the roots of the plants. This means that the toxins are right inside them. It's a horrible thought isn't it.



At sometime throughout the day, you need to make it a habit to consume at least one cup of leafy greens... cooked or raw.

Having produce from the brassica family, that's... cabbage, brussels sprouts, cauliflower, broccoli etc. should also be represented on your plate each day.

For other vegetables, go for the colour of the rainbow as shown in the next 2 slides...



Rainbow Fruits

Blue/Purple	Green	Red	White/Brown	Yellow/Orange
Black Currants	Apples (Green)	Apples (Red)	Bananas	Apples (Yellow)
Blackberries	Avocados	Cherries	Dates	Apricots
Blueberries	Beans (Green)	Cranberries	Ginger	Figs (Yellow)
Elderberries	Grapes (Green)	Grapefruit (Pink)	Jicama	Cape Gooseberries
Figs (Purple)	Honeydew	Grapefruit (Red)	Nectarines (White)	Golden Kiwifruit
Grapes (Purple)	Kiwifruit	Grapes (Red)	Peaches (White)	Grapefruit
Plums	Limes	Guava	Pears (Brown)	Lemon
Pomegranates	Pears (Green)	Oranges (Blood)		Mangoes
Prunes		Pawpaw		Nectarines
Raisins		Pears (Red)		Oranges
		Pomegranate		Pawpaw
		Raspberries		Peaches
		Strawberries		Pears (Yellow)
		Watermelon		Persimmons
				Pineapples
				Rockmelon
				Tangerines
				Watermelon (Yellow)

Rainbow Vegetables

Blue/Purple	Green	Leafy Greens	Red	White/Brown	Yellow/Orange
Asparagus (Purple)	Artichokes	Beet Greens	Beets	Cauliflower	Beets (Yellow)
Cabbage (Purple)	Asparagus	Bok Choy	Bell Peppers (Red)	Garlic	Butternut Squash
Carrots (Purple)	Beans (Green)	Broccoflower	Chilli Pepper (Red)	Jerusalem Artichoke	Carrots
Eggplant	Brussels Sprouts	Broccoli	Onions (Red)	Kohlrabi	Potatoes (Yellow)
Endive (Purple Belgian)	Cabbage (Green)	Broccoli Rabe	Potatoes (Red)	Mushrooms	Pumpkin
Peppers (Purple)	Celery	Cabbage (dark leaves)	Radicchio	Onions	Rutabagas
Potatoes (Purple)	Chinese Cabbage	Collard greens	Radishes	Parsnips	Summer Squash (Yellow)
	Cucumbers	Cos Lettuce	Tomatoes	Potatoes (White)	Swede
	Endive	Curly Endive		Turnips	Sweet Corn
	Leeks	Dandelion Greens			Sweet Potatoes
	Lettuce	Kale			Tomatoes (Yellow)
	Onions (Green)	Mustard Greens			Winter Squash (Yellow)
	Peas	Rocket			
	Pepper (Green)	Spinach			
	Snow Peas	Swiss Chard			
	Sugar Snap Peas	Watercress			
	Zucchini				



As vegetables, and to a degree fruit, form the basis of what we should eat, dealing with sprays is a very big issue. I tend to wash most of them before putting them into the fridge... that way I know they are done.

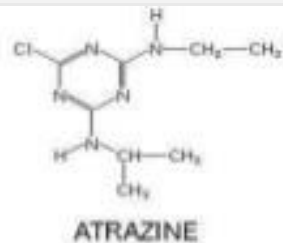
I usually add white vinegar and bi-carb soda to the water and soak them for a little while... not too long as you don't want to have the nutrients leached out of the produce.

Giving them a good rinse and scrubbing the hard skinned fruit or vegetables then helps to remove more.

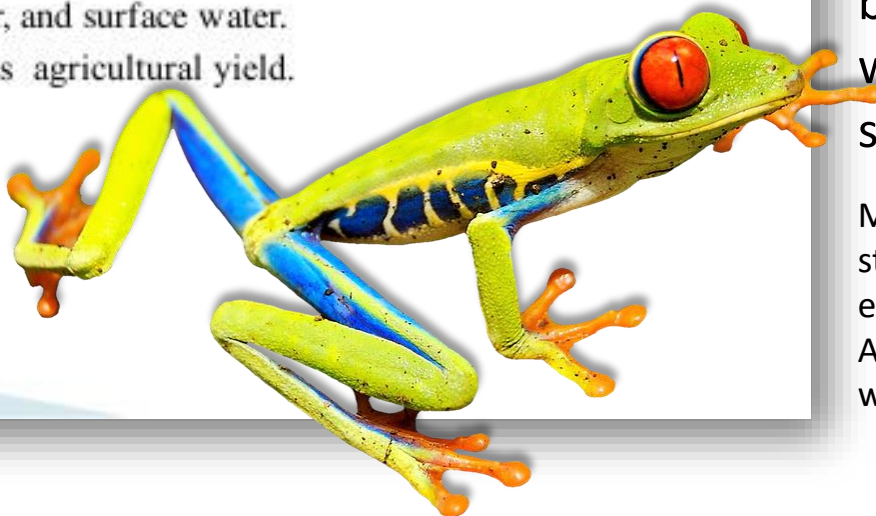
It's a bit time consuming to do, but as your body is put under a lot of stress trying to cope with all those extra toxins, it's well worth doing.



What is atrazine?



- ▶ **Atrazine is an agricultural herbicide that is widely used by farmers to control broadleaf weeds** and grasses that interfere with the growth of corn, sorghum, sugar cane and other crops.
- ▶ **Atrazine has been produced by Swiss company Syngenta since 1959.**
- ▶ The herbicide **has been banned in the European Union since 2004**—individual countries in Europe banned Atrazine as early as 1991—but 80 million pounds of the stuff is used each year in the United States.
- ▶ Atrazine is volatile, but may remain attached to soil particles for up to 100 days.
- ▶ **Has been detected up to 180 miles away from its source of input to the extent that there are virtually no Atrazine free environments in the US.**
- ▶ Is toxic to aquatic species
- ▶ Most common molecule found in groundwater, and surface water.
- ▶ But farmers defend it's use because it increases agricultural yield.



I never cease to be amazed that we live in a world where such little thought goes into what sprays and herbicides are doing to our planet, let alone what they do to our bodies.

I'm also extremely amazed about how people are so trusting that they can't believe that anything that's done to our food line could be harmful to us. Don't they know that money talks and if there's money to be made, manufacturer's don't care what they do to us. Totally shameful.

Male frogs are being turned into female frogs but still these toxic sprays run off into streams and rivers everywhere. Atrazine is commonly used all over America and Australia. Hey, just as long as it kills the weeds, nothing else seems to matter.

For your sake and the health of our planet!

Choose Organic

**or
'Spray Free'**

**Or better still,
grow your own
using organic
practices.**

