

BOWERS FARM
WHAT TO BUY ORGANIC/ORGANICALLY GROWN
WHAT YOU DON'T HAVE TO BUY ORGANICALLY GROWN
AND SOME THINGS TO PONDER

Different types of pesticides in certain fruits and vegetables can number into the 50s. Yes, some foods have up to 50 or more different pesticides that you could be eating. We have come up with a list of foods that you should buy organically grown, don't have to buy organically grown and a list of possible genetically modified foods to watch out for.

Should Be Organically Grown	Don't Have to Buy Organically Grown	Potential GMO Foods
Apples	Asparagus	Corn
Bell Peppers	Avocado	Soy
Blueberries	Bananas	Sugar
Celery	Broccoli	Sugar beets (1/2 the production of US sugar)
Cherries	Cabbage	Aspartame
Tomatoes	Cantaloupe	Papayas
Cucumbers	Eggplant	Canola
Grapes	Grapefruit	Cotton/cotton Seed Oil
Hot Peppers	Honeydew Melon	Dairy
Leafy Greens	Kiwi	Zucchini/Yellow Squash
Nectarines	Mangoes	Honey
Peaches	Mushrooms	Peas
Pears	Onions	Rice
Red Raspberries	Papaya (could be GMO)	Sugar Cane
Root Vegetables	Pineapple	Tomatoes
Squash	Sweet corn (but most is GMO)	Tobacco (Quest Cigarettes)
Strawberries	Peas (frozen)	Vitamins (may contain GMO derivatives)
Sugar	Watermelon	
Tobacco		
Baby Food		
Coffee		
Dairy		
Eggs		
Meat		

Baby food, Dairy, Eggs and Meat are all foods that can be made/fed with high pesticide content foods, GMO grains, antibiotics, hormones and vaccines. If you routinely buy farm-raised seafood, please visit <http://www.rodale.com/wild-or-farmed-fish>.

"Most coffee is grown in tropical, mountainous regions in countries where there are little or no standards regarding the use of chemicals or pesticides on food."
 (www.vitacost.com)

Conventional produce bar code stickers have a four digit code. GMO produce has a five digit code that begins with 8 on this sticker. Organic produce has a five digit code that begins with 9 on this sticker.

Whenever possible, know your Farmer not your label!

Internet sources for list compilation include prevention.com, livestrong.com, eatingwell.com, TLC, westonaprice.org, disabledworld.com, vitacost.com and rodale.com.