

# Guide to Healthy Food Choices

## FRUITS and VEGETABLES

The 20 Fruits and Veggies With the MOST Pesticides (ranked in order with the highest pesticide levels first) BUY ORGANIC

- |                       |                       |
|-----------------------|-----------------------|
| 1. Peaches            | 11. Lettuce           |
| 2. Apples             | 12. Potatoes          |
| 3. Sweet Bell Peppers | 13. Carrots           |
| 4. Celery             | 14. Green Beans       |
| 5. Nectarines         | 15. Hot Peppers       |
| 6. Strawberries       | 16. Cucumbers         |
| 7. Cherries           | 17. Raspberries       |
| 8. Pears              | 18. Plums             |
| 9. Grapes (Imported)  | 19. Grapes (Domestic) |
| 10. Spinach           | 20. Oranges           |

The 20 Fruits and Veggies With the LEAST Amount of Pesticides (ranked in order with the produce with the absolute lowest pesticides first)

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|------------------------|--------------------|
| 1. Onion               | 11. Broccoli       |
| 2. Avocado             | 12. Papaya         |
| 3. Sweet corn (Frozen) | 13. Blueberries    |
| 4. Pineapples          | 14. Cauliflower    |
| 5. Mango               | 15. Winter Squash  |
| 6. Asparagus           | 16. Watermelon     |
| 7. Sweet peas (Frozen) | 17. Sweet potatoes |
| 8. Kiwi                | 18. Tomatoes       |
| 9. Bananas             | 19. Honeydew melon |
| 10. Cabbage            | 20. Cantaloupe     |

Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND

Best Choices for meats and seafood are local, abundant, well-managed and caught or farmed in environmentally friendly ways. <http://www.foodnews.org/fulllist.php>

## LOCAL MEAT

Chicken -- Tall Cotton Farms, Davis Creek Farm, Polyface Farm, Shenandoah Family

Beef -- Wolf Creek Farms

Pork -- Babes in the Woods, Wild Oats Farm Meats, Meadow Green Farm

Lamb -- Wild Oats Farm Meats      AND      For all meats, The Organic Butcher

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## OTHER RESOURCES

UUA Ethical Eating Study Guide:

<http://www.uua.org/socialjustice/issuesprocess/currentissues/ethicaleating/121903.shtml>

Relay Foods:

[Relayfoods.com](http://Relayfoods.com)

### Local Markets

Sat 7 – noon, Water St. and 2<sup>nd</sup> St.

Farmers in the Park Wed, 3 – 7pm; starting May ??

Pen Park, day of week? Time?

Quality Community Council urban farms:

[cvilleqcc.com/Farm.aspx](http://cvilleqcc.com/Farm.aspx)

## RECOMMENDED READING LIST

Brockman, Terra. (2010). [The Seasons on Henry's Farm.](#) Agate.

Carpenter, Novella. (2009). [Farm City: The Education of an Urban Farmer.](#) Penguin Press.

Kimball, Kristin. (2010). [The Dirty Life: A Memoir of Farming, Food, and Love.](#) Simon & Schuster.

Kingsolver, Barbara. (2007). [Animal, Vegetable, Miracle.](#) Harper Collins.

Pollan, Michael. [The Omnivore's Dilemma.](#) (2006) Penquin Press.



For more information, contact

Nancy Hurrelbrinck,  
TJMC Green Sanctuary Task Force

OR GO TO OUR WEBSITE:

[www.uucharlotteville.org](http://www.uucharlotteville.org) and click on  
“Green Sanctuary” on the right menu.