



print view

Dirty Dozen pesticide list names kale, collards as 'commonly contaminated'

Apples top EWG's annual list of most-pesticide contaminated produce

by Sustainable Food News
April 22, 2013



Apples are the most pesticide-contaminated produce, followed by celery, cherry tomatoes, cucumbers and grapes, according to the Environmental Working Group's (EWG) annual Dirty Dozen list.

The new Dirty Dozen list - part of EWG's 2013 [Shopper's Guide to Pesticides](#) - also names peaches, spinach, sweet bell peppers, imported nectarines, potatoes and hot peppers as prime pesticide-

laden produce.

The Dirty Dozen's Plus category highlights two crops: domestically-grown summer squash and leafy greens, specifically kale and collards, as being "were commonly contaminated with pesticides exceptionally toxic to the nervous system," EWG said, adding the two crops did not meet traditional Dirty Dozen criteria.

Green beans were on last year's Plus list because they were often contaminated with two highly toxic organophosphate pesticides, "potent neurotoxins that can affect children's IQ and brain development, even at low doses," said EWG.

Many pesticides pose health dangers to people and have been linked to brain and nervous system toxicity, cancer, hormone disruption, skin, and eye and lung irritation.

Last year, the American Academy of Pediatrics, which represents more than 60,000 pediatricians, for the first time adopted an official position warning doctors and parents that pesticide exposures from food are potentially dangerous to children's health.

Green beans canned for baby food tested positive for five pesticides, including the toxic organophosphates methamidophos and acephate, detected on 14 and 13 percent of samples respectively.

Pear samples tested positive for 11 pesticides, including iprodione, deemed to be probable carcinogen and not registered for use on pears.

Banned organochlorine pesticides were detected on nearly 20 percent of the samples of zucchini and crookneck squash in 2008. Imported summer squash were cleaner, EWG said.

In the most recent USDA tests for kale and collards, conducted in 2008, some samples were found to be contaminated with organophosphate.

Over the past decade, organophosphates have been withdrawn from many agricultural uses and banned for home pesticide use but still be applied to certain commercial crops, the group said.

The shopper's guide also has EWG's Clean Fifteen list, those fruits and vegetables contaminated with the least pesticide load.

Latest Headlines

- ▶ Imports of Rainforest's certified sustainable coffee jump in 2012
- ▶ Vegan candy bars recalled over health risk
- ▶ National brand loyalty slides third consecutive year, says Deloitte study
- ▶ Farmed seafood eco-label program debuts stricter standards
- ▶ Alaska cod earns ISO certification
- ▶ Vegetable oil's sustainability challenges spur new alternatives
- ▶ Dirty Dozen pesticide list names kale, collards as 'commonly contaminated'
- ▶ Kathleen Merrigan's chief fear for future of organics?
- ▶ 110-mil'-lb. snow crab fishery is 200th to earn MSC eco-label
- ▶ 20,000 sickened, 4,500 hospitalized by foodborne disease in 2012
- ▶ Whole Foods puts Non-GMO verified foods on sale
- ▶ Major organic food brand debuts all-natural RTE pasta meals
- ▶ Whole Foods shoppers donate \$6.3 mil' for microloans to impoverished women
- ▶ Sustainable foodservice pioneer teams up to fight food waste, hunger
- ▶ Canada signs organic trade deal with C. American country
- ▶ Misabeled O Organics brand of enchiladas recalled
- ▶ Harris poll: Majority of Americans see organic label as excuse to charge more

Latest 200 Headlines

- Home
- Subscribe
- Advertise
- Letters
- About Us



Find suppliers of non-GMO grains and ingredients!

Contact Info

Headquarters
Sustainable Food News
P.O. Box 7692
Portland, ME 04112

Publisher
Dan McGovern
office: 207.749.5249
fax: 207.699.1380
[email](#)

Sales
office: 207.749.5249
fax: 207.699.1380
[email](#)



© Copyright 2013
Triton News Corp.
All rights reserved

- ▶ [Copyright Information](#)
- ▶ [Privacy Policy](#)

Clean 15

These include: corn, onions, pineapples, avocados, cabbage, frozen sweet peas, papayas, mangoes, asparagus, eggplant, kiwi, grapefruit, cantaloupe, sweet potatoes and mushrooms.

"When given a choice, more consumers are choosing organic fruits and vegetables or using EWG's Shopper's Guide to find an easy affordable way to avoid toxic chemicals," said Sonya Lunder, an EWG senior analyst. "They want to eat a diet rich in fruits and vegetables without eating too many pesticides. And they want to support local farms and agriculture that is better for the environment."

EWG's Shopper's Guide to Pesticides in Produce, now in its 9th year, ranks pesticide contamination on 48 popular fruits and vegetables, based on an analysis of more than 28,000 samples tested by the U.S. Department of Agriculture and federal Food and Drug Administration.

EWG researchers compile the Shopper's Guide and the Dirty Dozen and Clean Fifteen lists from pesticide residue tests conducted by USDA and FDA scientists, who made public their most recent round of results earlier this year.

EWG's ranking uses six measures of pesticide hazards, among them, the number of pesticides detected on a crop and the percent of samples testing positive.

"By following EWG's Shopper's Guide and advice, consumers can feel confident they can buy foods with consistently lower overall levels of pesticide contamination," said Lunder.

EWG advises people who want to avoid genetically engineered food as well as pesticides to buy organically-raised produce. U.S. law does not require labeling of GE foods. Zucchini, Hawaiian papaya and some varieties of sweet corn may be genetically modified.

[Home](#) . [Subscribe](#) . [Advertise](#) . [Letters](#) . [About Us](#)

From sustainable seafood to organic milk, all-natural meats to fair trade coffee, Sustainable Food News is the leading source of daily news and market information for the organic, sustainable and natural food industries.