

## Wrong message? Environmental Working Group's Dirty Dozen 'pesticide-soaked' fruits, vegetables to avoid may make us less healthy

Regardless of whether you're a parent, an environmentalist, or just a plain old shopper, chances are you've gazed out over the supermarket produce section and asked yourself, "Should I buy organic?"

Everyone's heard of the scary chemicals used by agribusiness to keep your apples worm-free—it's what generates the fear that makes organic produce lucrative. In exchange for more money, consumers are told they can have pesticide-free peace of mind. On Wednesday [March 8, 2017], [the Environmental Working Group](#) (which calls itself a nonpartisan organization aimed at protecting human health and the environment) released its annual ranking of the best ("Clean Fifteen") and the worst ("Dirty Dozen") produce when it comes to pesticide content. The list is meant to be a tool for the consumer: If your favorite fruit is among the Dirty Dozen, the thinking goes, you'd be safer buying organic.

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But experts in pesticides and toxicology say this annual list, seen as helpful for sales of organic produce, oversimplifies a complicated issue. Just because pesticides are on an apple doesn't mean the apple is dangerous. Meanwhile, critics say, the EWG survey muddies what is a much more important message for American consumers: Eat more fruits and vegetables. Period.

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [How Organic Produce Can Make America Less Healthy](#)**