

Viewpoint: The real 'dirty dozen'? 12 organic foods that could make you sick in 2020

It is that time of year again. The [Environmental Working Group put out their annual list of food](#) it considers too dangerous not to buy organic versions of. Yes, even in the middle of a global pandemic This list is essentially fruits and vegetables that you don't peel, and they completely ignore the fact that a child would need to [consume 1508 servings of strawberries](#) in one day for pesticide residue to be a problem.

While organic food is overall safe to eat, there is [increasing amounts of evidence](#) that it is beginning to become disproportionately involved in recalls.

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So instead of trying to scare readers about pesticide residue that doesn't actually cause harm ([though organic farming uses pesticides too](#)), here is my annual list of organic products that can actually make people sick. (You can read my 2019 list [here](#).)

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Organic flour

[From the FDA:](#)

UNFI announced today a voluntary national recall of five-pound bags of its Wild Harvest® Organic All-Purpose Flour, Unbleached The recall is being issued for the potential presence of E. coli. E. coli can cause serious and sometimes life-threatening infections in infants, older people, pregnant women, and people with weakened immune systems.

[Read the original post](#)