

Viewpoint: Environmental Working Group's Dirty Dozen list of 'pesticide soaked' conventional fruits and vegetables contains a confession and caveat: conventional produce is healthy

The Environmental Working Group recently released it's 2023 Dirty Dozen list. This annual propaganda allegedly ranks the fresh produce with the highest levels of pesticide residues. EWG urges consumers to buy organic versions of those crops. This year strawberries and spinach topped the organization's list.

The problem is that the list is all a [dirty lie](#). Science doesn't [support](#) it. The list doesn't include any risk [analysis](#)—that is, the risk of pesticide exposure is greatly outweighed by the benefits of consuming enough produce.

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This year was a bit different though. Hidden within the organization's full-of-nonsense press release was this little gem from EWG's in-house toxicologist, Alexis Temkin, Ph.D.:

Everyone – adults and kids – should eat more fruits and vegetables, whether organic or not...
A produce-rich diet provides many health benefits.

Environmental Working Group, [Press Release](#), March 15, 2023

Did EWG actually admit that what's important is eating more produce... whether organic or conventional???

EWG buried the statement in the press release. So if you aren't paying attention, it's easy to miss. But to my knowledge, this isn't something EWG has ever come clean about before.

[This is an excerpt. Read the original post here](#)