



Excerpted From *The 4-Hour™ Chef* By Tim Ferriss

BUYING PRODUCE

LOOK FOR NUMBER 9

When you buy your lemons or any other produce, look for a stickered number (PLU number) that starts with 9. This signifies that it was grown organically.

This is most important when consuming the so-called “Dirty Dozen,” which have the highest levels of industrial chemicals when grown conventionally (not organically).

Eating any five of the below 12 will give you a liver-spanking 14 pesticides. Here are the bad boys for 2012, listed in descending order:

1. **Apples** (92% contain two or more pesticides)
2. **Celery**
3. **Sweet bell peppers**
4. **Peaches** (“As a category, peaches have been treated with more pesticides than any other produce, registering combinations of up to 57 different chemicals.”)
5. **Strawberries**
6. **Nectarines** (imported)
7. **Grapes**
8. **Spinach**
9. **Lettuce**
10. **Cucumbers**
11. **Blueberries** (domestic)
12. **Potatoes**

THE CLEAN 15

Conversely, eating from this list, even if the produce is conventionally grown, will cut your pesticide intake up to 90%.

1. **Onions**
2. **Sweet corn**
3. **Pineapples**
4. **Avocados**
5. **Cabbage**
6. **Sweet peas**
7. **Asparagus**
8. **Mangoes**
9. **Eggplant**
10. **Kiwi**
11. **Cantaloupe** (domestic)
12. **Sweet potatoes**
13. **Grapefruit**
14. **Watermelon**
15. **Mushrooms**

These two lists are compiled by the Environmental Working Group (EWG) and updated yearly. You can download them at ewg.org/foodnews/guide.

If you want to go the extra mile to remove pesticides, make a 3:1 (three parts to one part) mixture of water and acids (cider or distilled white vinegar, or lemon juice) in a spray bottle and spritz the veggies. Let them sit for a minute, rinse as usual, and go about your merry way.