

DIRTY AND CLEAN

*(Note: You can always download the latest version at
<http://ConqueringYourKitchen.com>)*

DIRTY DOZEN

Apples
Celery
Cherry Tomatoes
Cucumbers
Grapes
Hot Peppers
Imported Nectarines
Peaches
Potatoes
Spinach
Strawberries
Sweet bell peppers

CLEAN FIFTEEN

Asparagus
Avocado
Cabbage
Cantaloupe
Corn
Eggplant
Grapefruit
Kiwi
Mangos
Mushrooms
Onions
Papayas
Pineapples
Sweet Peas
Sweet Potatoes