

10 most pesticide-free vegetables and fruits

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Below is a list of 10 types of vegetables that contain extremely high pesticide residues, seriously affecting human health.

10. Fresh peppers



Fresh peppers are sprayed quite a lot of drugs, up to 67% of fresh peppers contain pesticide residues. Even after washing, the peppers still have a large residue of pesticides.

9. Cherry tomatoes



Tomatoes are easy to be poisoned and broken, so people often use ripening fruits to make ripe and beautiful tomatoes. There are 13 different types of pesticides found in a cherry tomato sample.

8. Potatoes



Don't think it's safe for potatoes to be in the ground. Unexpectedly, compared to other crops, pesticide residues in potatoes are significantly higher. When potatoes are not hard enough to grow, herbicides will be sprayed about once a month to kill weeds and insects. Then, to control deciduous disease before harvest, a fungicide will be sprayed.

7. Sweet bell peppers



This fruit is very much loved by insects, they cause small bites on the chilli pods that we cannot see with the naked eye. Pesticides will easily penetrate the chili from these bites. In a sample of bell peppers when tested, it was found that there were 15 different types of pesticides.

6. Spinach



Spinach is one of the vegetables that has been sprayed continuously with pesticides and of course it is also a vegetable that contains pesticide residues with the highest concentration of pollution.

5. Digging



Peach contains a lot of pesticides and it is very difficult to wash away toxic substances on the shell. Therefore, it is better to peel off the shell before eating.

4. Celery



According to experts, toxic substances are easily absorbed into celery stalks and from there go straight to our bodies through eating and drinking. It is difficult to wash away toxic substances on celery plants. 13 different pesticides have been discovered on a sample of celery tested.

3. Grapes



In a test grape sample can detect up to 15 different types of pesticide ingredients.

2. Strawberry



Strawberries are one of the most "bathed" fruits and pesticides in the world. A sample of tested strawberries contained up to 13 different pesticide ingredients.

The best way to wash strawberries is to: Leave the entire tip of the leaf intact and soak it in water for about 15 minutes to allow the pesticides to dissolve with water. Then remove the leaf stalk and soak strawberries in salt water for 5 minutes. Finally wash with clean fresh water before use.

1. Apples



Up to 99% of apple samples contain at least one pesticide residue, and the total residue is the highest. So don't forget to peel the apple before eating.

Tips for choosing safe vegetables

1. Residual pesticide residues on vegetables and fruits in the dry season are the highest and lowest in the rainy season because rainwater will wash away the toxic substances on fruits and vegetables.
2. Vegetables and tubers must be peeled before eating, they will be safer: pumpkin, gourd, gourd .
3. Non-peeled leaf or fruit vegetables such as spinach, choysum, mustard for making melon, chilli, watercress, lettuce, mustard greens, cowpea, bitter melon, cucumber, tomatoes, grapes , apples, plums . should be careful when choosing.
4. Choose fresh fruits and vegetables, no scratches, no wilting, crushing, or sticking with foreign substances, natural colors, crisp, heavy hands.
5. Look carefully before buying because some of the outer ones are still fresh but the interior is broken due to the use of preservatives.
6. Avoid buying peeled and pre-cut vegetables, soak in the market, maybe the source of soaked water does not guarantee hygiene or mix toxic chemicals to keep white and crispy. In addition, long-term immersion will also cause substances inherent in fresh vegetables to be easily dissolved and lost.

How to process and preserve vegetables safely?

1. Soak thoroughly, rinse each leaf, especially the leaves, thoroughly.
2. Peel fresh fruits.
3. It is recommended to mix 1-2 teaspoons of salt to wash small leafy vegetables such as lettuce, broccoli . to allow insects and insects to crawl out of the leaves.
4. Leave whole tubers, rinse before peeling on fruits and vegetables.

5. Vegetables must be submerged in clean water for 15-20 minutes, washed several times (at least 3-4 times) in a pot full of water to eliminate most of the residual pesticides.
1. Get rid of these 5 foods right away if you want a healthy diet
2. 5 delicious but harmful foods, should not eat much

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