

# WHEN TO CHOOSE ORGANIC?

**Conventional farming** relies on chemicals, using synthetic pesticides, herbicides, and fertilizers. **Organic farming** relies on natural principles like biodiversity and composting.

**Organic production** helps develop and maintain biological diversity and replenish soil fertility. It uses crop rotation, composted animal manures, and green manure crops, and emphasizes overall system health!

## FRUITS & VEGETABLES WITH THE MOST PESTICIDES

Kale	Blueberries	Apples
Collard Greens	Cherries	Pears
Mustard Greens	Strawberries	Grapes
Spinach	Peaches	Bell Peppers
Green Beans	Nectarines	Hot Peppers

Premier ProduceOne

# ORGANIC PROGRAM GUIDE

## VEGETABLES

### GREENS

Boston Lettuce  
Collard Greens  
Green leaf Lettuce  
Green Dandelion  
Green Butter Lettuce  
Mesclun / Spring Mix  
Radicchio  
Romaine Lettuce  
Romaine Hearts  
Red Leaf Lettuce

Baby Spinach  
Spinach Bunch  
Green Swiss Chard  
Rainbow Swiss Chard  
Red Swiss Chard  
Baby Green Kale  
Black Tuscan Kale  
Red Kale

### CRUCIFEROUS

Cauliflower  
Green Cabbage  
Red Cabbage

Baby Bok Choy  
Bok Choy  
Broccoli  
Brussels Sprouts

### STALK & BULB

Fennel (Anise)  
Naked Celery  
Peeled Garlic  
Standard Asparagus

Iceless Green Onions  
Onion Leeks  
Red Onions  
Shallots  
Yellow Onions

### TUBER & ROOT

Red Beets  
Gold Beets  
Gold Beets w/ Tops  
Rainbow Beets w/ Tops  
Orange Carrots w/ Tops  
Rainbow Carrots w/ Tops  
Shredded Rainbow Carrots  
Shortcut Baby Carrots  
Matchstick Carrots

Jicama  
Parsnip  
Rutabaga  
Red Radish w/ Tops  
Watermelon Radish  
Red Potatoes  
Yukon Gold Potatoes  
Baker Potatoes

## FRUITS

### APPLES

Juice Grade Gala Apples  
Juice Grade Granny Smith Apples

### AVOCADOS

Green #1 Avocados

### BERRIES

Blackberries  
Blueberries  
Red Raspberries  
Strawberries

### CITRUS

Grapefruit  
Lemons  
Oranges

### TOMATOES

On the Vine Tomatoes  
Grape Tomatoes

### TROPICAL

Green Bananas  
Ripe Bananas  
Kiwi  
Pineapples

## MISCELLANEOUS

### CUCUMBERS

Seedless Cucumbers

### HERBS

Basil  
Bay Leaves  
Chives  
Cilantro  
Dill  
Mint  
Oregano  
Curly Parsley  
Italian Parsley  
Rosemary

### MUSHROOMS

Mushroom  
Portabella Mushrooms  
Shiitake Mushrooms

### PEPPERS

Red Peppers  
Yellow Peppers

### SEASONAL

Acorn Squash  
Cantaloupe  
Mini Seedless Watermelon  
Peaches  
Red Seedless Grapes  
Sugar Snap Peas  
Tomatoes  
Yellow Squash

## LOOKING FOR MORE ORGANIC OPTIONS?

OUR ORGANIC BRAND PARTNERS:



## READY TO JOIN OUR ORGANICS PROGRAM?



Organic products are produced without genetic modifications.



No irradiation or ionizing radiation, a practice which results in less nutritious produce.



Organic farmers may use natural pesticides approved for organic food production.



Synthetic pesticides can harm local wildlife and land. Organic farms also use less energy and produce less waste.



NO DELIVERY FEES  
NO MINIMUMS  
EASY ONLINE ORDERING



Signing up for UNFI is easy—contact your sales representative to get started!

Ask your sales representative today and find out how to order!