

This is a tip that will be challenging for me; however I have heard that bagged lettuce may not be safe even though I have been using it. Don't buy bagged lettuce and don't put your lettuce in a plastic bag.

- **Studies show bagged lettuce may not be safer.** And even organic bagged lettuce often goes through a chlorine rinse to kill bacteria, whereas whole organic greens do not. Plus, the outer leaves of unprocessed lettuce heads naturally keep out bacteria.
- **Less landfill.** 6 million bags of salad are sold every day in the US. At the risk of sounding a little crunchy, a lettuce head can be placed in your cart bag-free, since you'll tear off the outer leaves anyway and you can always rinse off your spinach.
- Save big. A regular head of lettuce will cost you **less than 1/2 the price** of a bagged salad.

This may not be my most popular tip, but it's an important one for you to be aware of. **Meat is bad news for the environment.** Number one: meat wastes other sources of food. The Worldwatch Institute estimates that the total amount of food and grain fed to livestock in the US each year could feed everyone on the planet five times over. Animal production also wastes massive amounts of land, energy and water.

And, if you're still not convinced, meat is emerging as one of the biggest culprits when it comes to climate change. Rajendra Pachauri, the head of the United Nation's scientific panel on climate change, has asked the planet to "please eat less meat." Why? Because livestock production creates more greenhouse gases than all forms of transportation combined. So do whatever you can to cut down on your meat consumption and you will be making a difference by helping our environment

Green Tip #4 -9 22-08

This Green Tip will be a little different than the usual. I have recently downloaded a list that was quite eye opening. It lists the fruits and veggies with the highest amount of pesticides. I looked at this after I bought some fresh peaches from the Farmer's Market. It is important for us all to be aware of the following when purchasing food, especially if you have young children. Washing and rinsing fresh produce may reduce the levels of some pesticides, but it doesn't eliminate them. Peeling will reduce exposure, but you lose valuable nutrients.

The following is a list of the fruits and vegetables that have the most pesticides. If you want to eat the foods that are highest on the list, you should probably choose organic in order to reduce your exposure to potentially harmful chemicals.

Rank	Fruit or Veggie	Score
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1(worst)	Peaches	100(highest pesticide load)
2	Apples	96
3	Sweet Bell Peppers	86
4	Celery	85
5	Nectarines	84
6	Strawberries	83
7	Cherries	75
8	Lettuce	69
9	Grapes-Imported	68
10	Pears	65
11	Spinach	60
12	Potatoes	58
13	Carrots	57
14	Green Beans	55
15	Hot Peppers	53
16	Cucumbers	52
17	Raspberries	47
18	Plums	46
19	Oranges	46
20	Grapes-Domestic	46
21	Cauliflower	39
22	Tangerine	38
23	Mushrooms	37
24	Cantaloupe	34
25	Lemon	31

For more information, check out the following website: www.ewg.org

Green Tip 5- 9-29-08

Last week, I focused on fruits and vegetables. Thank you Jill Vacek from Pershing for offering the following to add to last week's tip.

List of fruits and vegetables that are safe and don't need to be organic

- asparagus
- avocados
- bananas
- broccoli
- cabbage

frozen corn (I guess if it is frozen the genetic modifications don't matter?)

kiwi

mangos

onions

pineapple

frozen sweet peas (same as corn?)

Using this list can save money!

Tip- 10-14-08

To go along with the nontoxic vegetables and fruits, I thought I'd send a list of the healthiest and least healthy fish since there is so much written about how dangerous mercury is. If the fish is not on this list, such as halibut, mahi mahi, monkfish, snapper, bass, and canned chunk light tuna, then it has moderate mercury and should be consumed in moderation. For more information, visit www.NRDC.org/mercury.

Least Mercury

Anchovies

Catfish

Clam

Crab

Crawfish/Crayfish

Flounder *

Haddock (Atlantic)*

Herring

Mackeral

Mullet

Oyster

Perch (ocean)

Pollock

Salmon (Canned and Fresh)**

Sardines

Scallops*

Shrimp*

Sole(Pacific)

Squid/Calamari

Tilapia

Trout

Whitefish

Whiting

High Mercury (3 or less servings per month)

Bluefish

Grouper

Mackeral(Spanish,Gulf)

Sea Bass(Chilean)*

Tuna(Canned Albacore)

Tuna (Yellowfin)*

Highest Mercury- DO NOT EAT!

Mackeral (king)

Marlin*

Orange Roughy*

Shark*

Swordfish*

Tilefish*

Tuna(Bigeye, Ahi)*

*FISH IN TROUBLE! These fish are perilously low in numbers or caught using environmentally destructive methods.

** Farmed salmon may contain PCB's, chemicals with serious long-term health effects.