



Stock up on your locally grown fruits and veggies this summer and boost your vitamin and antioxidants through the food that you consume. Check on the back page for a farmers market in your neighborhood!

Wanting the nutrients of your food without the pesticides and glyphosate? Consider following the guide below of food that **should vs. should not** be purchased organic.

The "**Clean 15 PLUS**": Save your money on the following foods that have been tested to have the lowest pesticide load.

- Onions
- Avocado
- Sweet Corn (watch for GMO)
- Pineapple
- Sweet Peas (Frozen)
- Eggplant
- Cauliflower
- Asparagus
- Kiwi
- Cabbage
- Watermelon
- Grapefruit
- Sweet Potatoes
- Papaya
- Broccoli
- Mushrooms
- Honeydew melons and Cantaloupes

The "**Dirty Dozen**" are foods that should be purchased organic to avoid the potentially toxic effects of heavy pesticide use.

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Celery
- Potatoes
- Bell Peppers and hot pepper

Denver Farmers Markets



-CHERRY CREEK FRESH MARKET: E. 1st Ave. and University Blvd.

WHEN: Saturdays, May 4–Oct. 26, 2019, 8 a.m.–1 p.m.; Wednesdays, June 12–Sept. 25, 2019, 9 a.m.–1 p.m.

-CITY PARK ESPLANADE FRESH MARKET: E. Colfax Ave. and Columbine St.

WHEN: Sundays, June 2–Oct. 27, 2019, 9 a.m.–1 p.m.

-THE FARMERS' MARKET AT HIGHLANDS SQUARE: 32nd Ave. and Lowell Blvd.

WHEN: Sundays, June 2–Sept. 29, 2019, 9 a.m.–1 p.m.

-UNION STATION FARMERS' MARKET: Denver Union Station Plaza

WHEN: Saturdays, May 11–Oct. 26, 2019, 9 a.m.–2 p.m.

-LITTLETON FARMERS' MARKET: 7301 S. Santa Fe Dr., Littleton

WHEN: Wednesdays, June 15–October 12, 2016, 10 a.m.–2 p.m.

-SOUTH PEARL STREET FARMERS MARKET: Old South Pearl St. b/t Florida and Iowa

WHEN: Sundays, May 5–Oct. 27, 2019 10a.m.-2p.m

RINO FARMERS MARKET: EXDO Event Center

WHEN: Sundays June2-Sept. 29. 2019 9 am-2 pm

LAKWOOD FARMERS MARKET: Mile Hi Church, Alameda Ave. and Garrison St. Lakewood

WHEN: Saturdays, June 15- Sept. 28, 2019 10a.m.- 2 p.m.

Check out Denver.org for a complete list.

JUNE SUPPLEMENT SPOTLIGHT: RESTORE



Restore helps balance gut health, combat environmental exposures, promote immune function, and enhance mental clarity. For the month of June, Restore is 10% off