The Dialogue addresses all four parts of the Earth Charter. We’ve chosen to highlight four principles; each representing one of the four parts of the Earth Charter.

Part I: Respect and Care for the Community of Life

Principle 4: Secure Earth’s bounty and beauty for present and future generations.

Part II: Ecological Integrity

Principle 7: Adopt patterns of production, consumption, and reproduction that safeguard Earth’s regenerative capacities, human rights, and community well-being.

Part III: Social and Economic Justice

Principle 12: Uphold the right of all, without discrimination, to a natural and social environment supportive of human dignity, bodily healthy, and spiritual well-being, with special attention to the rights of indigenous peoples and minorities.

Part IV: Democracy, Nonviolence, and Peace

Principle 14: Integrate into formal education and life-long learning the knowledge, values, and skills needed for a sustainable way of life.

We would like to thank all of the vendors that participated in this year’s Dialogue:

- FGCU Department of Environmental Health and Safety
- FGCU Food Forest
- FGCU Wellness Center
- Student Associates for a Greener Environment (SAGE)
- SustainabLEE Program
- GreenMarket at the Alliance for the Arts
- SWFL Naturally
- Seafood Savvy/Solutions To Avoid Red Tide (START)
- Student/Farmworker Alliance
- Real Food Challenge
- South Florida Edible Landscaping
- Heartland Gardens
- Skinny Pantry

The seventh annual Terry Tempest Williams Student Dialogue addresses ethical, humane, and sustainable food options available at Florida Gulf Coast University and in Southwest Florida. Dialogue speakers illustrate how choosing to consume sustainable foods nourish the mind, body, and soul. This year’s Dialogue demonstrates how a conscientious young person on a budget in Southwest Florida can utilize local resources and benefit from consuming sustainable foods.

This guide is intended to provide FGCU students and the Southwest Florida community with sustainable food resources.

For more information on Student Associates for a Greener Environment (SAGE) or to apply for an Earth Charter Mini Grant please contact cese@fgcu.edu.
**The Dirty Dozen**

Certain produce contain high levels of pesticide residue that won’t wash off. The produce on the Dirty Dozen list contains the highest levels. To reduce your exposure to pesticide residue choose organic when purchasing the following items:

1. Apples
2. Celery
3. Bell Peppers
4. Peaches
5. Strawberries
6. Nectarines (imported)
7. Grapes
8. Spinach
9. Lettuce
10. Cucumbers
11. Blueberries (domestic)
12. Potatoes

Plus: Green Beans and Kale/Greens which contain pesticide residues of special concern.

**The Clean Fifteen**

The Clean Fifteen lists produce with the least amount of pesticide residue.

1. Onions
2. Avocado
3. Corn
4. Pineapples
5. Mangos
6. Sweet Peas
7. Asparagus
8. Kiwi
9. Cabbage
10. Eggplant
11. Cantaloupe (domestic)
12. Watermelon
13. Grapefruit
14. Sweet Potatoes
15. Mushrooms

**Local Farmers’ Markets**

- Third Street South Farmers Market - Naples
- North Naples Green Market - Naples
- Coconut Point Green Market - Estero
- River District Farmers Market - Fort Myers
- GreenMarket at the Alliance for the Arts - Fort Myers
- Lakes Park Farmers Market - Fort Myers
- Cape Coral Farmers Market - Cape Coral
- Promenades Farmers Market - Bonita Springs
- Sanibel Farmers Market - Sanibel

**Community Gardens**

- Garden at Eden - Naples
- Happehatchee Center - Estero
- Heartland Gardens - Fort Myers
- Holton Eco-Preserve Community Garden - Fort Myers
- Community Garden of Lakes Park - Fort Myers
- Roots Heritage Urban Food Hub - Fort Myers
- Quality Life Center Community Garden - Fort Myers

**Organic Food Co-ops**

- Worden Farm - Punta Gorda
- Lady Moon Farms - Fort Myers
- Fresh Organics - Fort Myers
- Organics of Naples - Naples
- Sanibel Food Co-op - Sanibel

**Restaurants**

- Loving Hut - Naples and Cape Coral
- Food and Thought Organic Market and Café - Naples
- Truly Organic Pizza - Naples
- Adelheidi’s Organic Sweets - Naples
- Sea Salt - Naples
- A Table Apart - Bonita Springs
- Ada’s Natural Foods Market - Fort Myers
- Chef Brooke’s Natural Café - Fort Myers
- Good2Go Healthy Takeout - Fort Myers
- Healthy Happiness Café - Fort Myers
- Elevation Burger - Fort Myers
- Pizza Fusion - Fort Myers
- Planet Smoothie - Fort Myers

**Markets and Fresh Produce**

- Whole Foods Market - Naples
- Food and Thought Organic Market and Café - Naples
- Ada’s Natural Foods Market - Fort Myers
- Fresh Organics SW FL Cooperative - Fort Myers
- The Skinny Pantry - Fort Myers
- Mother Earth Natural Foods - Fort Myers and Cape Coral
- For Goodness Sake - Bonita Springs
- Buckingham Farms - Fort Myers
- Rabbit Run - Fort Myers
- Venus Veggies - available at local farmers markets

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*The Dirty Dozen and Clean Fifteen lists are provided by the Environmental Working Group (EWG).*

For more information visit the EWG website at [http://www.ewg.org/foodnews/](http://www.ewg.org/foodnews/)