

Vegetables

Dark Green

- ◆ Bok Choy
- ◆ Broccoli
- ◆ Chard
- ◆ Collard Greens
- ◆ Dark Green Leaf Lettuce
- ◆ Kale
- ◆ Mesclun
- ◆ Mustard Greens
- ◆ Romaine Lettuce
- ◆ Spinach
- ◆ Turnip Greens
- ◆ Watercress

Red / Orange

- ◆ Acorn Squash
- ◆ Butternut Squash
- ◆ Carrots
- ◆ Hubbard Squash
- ◆ Pumpkin
- ◆ Red Peppers
- ◆ Sweet Potatoes
- ◆ Tomatoes
- ◆ Tomato Juice

Legumes

- ◆ Black Beans
- ◆ Black-eyed Peas (mature)
- ◆ Edamame
- ◆ Garbanzo Beans (chickpeas)
- ◆ Kidney Beans
- ◆ Lentils
- ◆ Navy Beans
- ◆ Pinto Beans
- ◆ Soy Beans
- ◆ Split Peas
- ◆ White Beans

Starchy

- ◆ Cassava
- ◆ Corn
- ◆ Black-eyed peas (not dry)
- ◆ Green Bananas
- ◆ Green Peas
- ◆ Green Lima Beans
- ◆ Jicama
- ◆ Plantains
- ◆ Potatoes
- ◆ Taro
- ◆ Water Chestnuts

Other

- ◆ Artichokes
- ◆ Asparagus
- ◆ Avocado
- ◆ Bean Sprouts
- ◆ Beets
- ◆ Brussels Sprouts
- ◆ Cabbage
- ◆ Cauliflower
- ◆ Celery
- ◆ Cucumbers
- ◆ Eggplant
- ◆ Green Beans
- ◆ Green Bell Peppers
- ◆ Iceberg (Head) Lettuce
- ◆ Mushrooms
- ◆ Okra
- ◆ Onions
- ◆ Parsnips
- ◆ Peas (edible pods)
- ◆ Radish
- ◆ Turnips
- ◆ Wax Beans
- ◆ Zucchini

