

# Vegetables and Fruits

## Vegetables

Artichokes  
Asparagus  
Beans (string and lima)  
Beets  
Broccoli  
Brussels sprouts  
Cabbage  
Cauliflower  
Carrots  
Celery  
Cucumbers  
Eggplant  
Greens  
Kale  
Leeks  
Lettuce  
Onions  
Okra  
Peas  
Radishes  
Rhubarb  
Seed sprouts  
Spinach  
Sweet corn  
Squash  
Sweet potatoes  
Tomatoes  
Turnips  
Yams  
Zucchini

## Fruits

Apples  
Apricots  
Avocados  
Bananas  
Blueberries  
Cantaloupes  
Cherries  
Figs  
Grapes  
Grapefruits  
Kiwi fruits  
Lemons  
Mangoes  
Nectarines  
Oranges  
Pears  
Pineapples  
Peaches  
Raspberries  
Strawberries  
Tangerines  
Watermelons