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

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