



VEGETABLE LIST

ARTICHOKES

ASPARAGUS

AVOCADOS

BEAN SPROUTS

BEETS

PEPPERS

BOK CHOY

BROCCOLI

BRUSSEL SPROUTS

CABBAGE

CARROTS

CAULIFLOWER

CELERY

CORN

CUCUMBERS

EGGPLANT

FENNEL

GREEN BEANS

GREENS (TURNIP, COLLARD, MUSTARD)

KALE

LETTUCES

LIMA BEANS

MUSHROOMS

OKRA

ONIONS & LEEKS

PEAS

POTATOES

SPINACH

SWEET POTATOES

SWISS CHARD

TOMATOES

TURNIPS

WINTER SQUASH

YELLOW SQUASH

ZUCCHINI

OLIVES

CAPERS