



- | | |
|-----------|------------------|
| Apple | Brussels sprouts |
| Arrowroot | Cabbage |
| Artichoke | Carrot |
| Arugula | Cauliflower |
| Asparagus | Celery |
| Avocado | Chayote |
| Bamboo | Chives |
| Banana | Cilantro |
| Basil | Coconut |
| Beet Root | Collard Greens |
| Blueberry | Corn |
| Bok Choy | Cucumber |
| Broccoli | Daikon |

Date
Dill
Eggplant
Endive
Fennel
Fig
Garlic
Ginger
Gourds
Grape
Guava
Horseradish
Jackfruit
Jicama
Kale
Kangkong
Kiwi
Leek
Lentils
Lettuce
Lychee
Mango
Mustard
Okra
Onion
Papaya
Parsley
Parsnip
Passion Fruit
Peach
Pear
Peas
Peppers
Pimiento
Plum
Pomegranate
Potato

Pumpkin
Raab
Radicchio
Radish
Rhubarb
Rosemary
Rutabaga
Shallot
Soybeans
Spinach
Squash
Sweet potato
Swiss Chard
Thyme
Tomato
Turnip
Watermelon
Yams