

Eat Your Vegetables



ARTICHOKE
AVOCADO
BASIL
BEET
BELL PEPPER
CAPER
CELERIAC
CELERY
CHARD
CHIVE
CRESS
DAIKON
EGGPLANT
ENDIVE

FENNEL
GINGER
GREENS
JICAMA
KALE
LEEK
LETTUCE
MAIZE
OKRA
PARSLEY
PARSNIP
PEA
PUMPKIN
RADISH

RHUBARB
ROCKET
SALSIFY
SORREL
SPROUTS
SQUASH
SWEET POTATO
TARO
TUBER
TURNIP
WATERCRESS
YAM