

**Vegetables**

Artichokes  
Asparagus  
Green beans  
String beans  
Beets  
Beet greens  
Broccoli  
Brussels sprouts  
Cabbage  
Chinese cabbage  
Carrots  
Cauliflower  
Celeriac  
Celery  
Chervil  
Chicory  
Chives  
Squash  
Tomato  
(fresh/canned)  
Corn (cob/canned)  
Cucumbers

**Fruits**

Apples  
Apricots  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Cranberries  
Currants  
Damson plum  
Figs  
Fruit salad  
(fresh/canned)  
Grapefruit  
Grapes  
Honeydew melon  
Huckleberries  
Kiwi  
Kumquats  
Lemons  
Limes  
Loganberries  
Mangoes

**Meat**

Abalone  
Bass (fresh  
water/sea)  
Buffalo fish  
Catfish  
Clams (cooked)  
Cod Steaks  
Crab  
Crayfish  
Flounder  
Frog legs  
Mussels  
Oysters (half shell)  
Shrimp  
Terrapin  
Trout  
Tuna

## Vegetables

Dandelion greens

Dill pickles

Eggplant

Endive

Garlic

Kale

Kohlrabi

Leeks

Lettuce

Mushrooms

Mustard greens

Okra

Onions

Parsley leaves

Turnips

Watercress

Parsnips  
(raw/boiled)

Peas

Peppers  
(green/red)

Pickles  
(sour/sweet)

## Fruits

Muskmelons

Nectarines

Oranges

Papaya

Peaches

Pears

Pineapple

Pomegranates

Prunes

Quince

Raspberries

Strawberries

Tangerines

Watermelon

## **Vegetables**

Pumpkin

Radishes

Rappini

Red cabbage

Rhubarb

Rutabagas

Sauerkraut

Salsify

Scallions

Shallots

Sorrel

Spinach

Filename: Document2  
Directory:  
Template: C:\Users\Valued  
Customer\AppData\Roaming\Microsoft\Templates\Normal.dot  
Title:  
Subject:  
Author: Mike and Sue  
Keywords:  
Comments:  
Creation Date: 1/30/2010 7:26:00 PM  
Change Number: 1  
Last Saved On:  
Last Saved By:  
Total Editing Time: 11 Minutes  
Last Printed On: 1/30/2010 7:35:00 PM  
As of Last Complete Printing  
Number of Pages: 3  
Number of Words: 176 (approx.)  
Number of Characters: 1,008 (approx.)