

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

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