

Vegetables

Asian Greens (Bok Choy, Pea Shoots,
Chinese Cabbage, etc)

Asparagus

Artichokes

Beets

Broccoli

Cabbage

Collard Greens

Cauliflower

Dandelion Greens

Endive

Kale

Garlic

Green Beans

Leeks

Morel Mushrooms

Mustard Greens

Onions

Peas

Radishes

Spinach

Spring Onions

Watercress

Fruit

Apricots

Berries, all

Lemons

Limes

Oranges

Figs

Mangos

Pineapple

Rhubarb