



Vegetable Checklist

Dark Green Vegetables

- | | | |
|---|---|--|
| <input type="checkbox"/> arugula (rocket) | <input type="checkbox"/> cilantro | <input type="checkbox"/> nettles |
| <input type="checkbox"/> basil | <input type="checkbox"/> collard greens | <input type="checkbox"/> poke greens |
| <input type="checkbox"/> beet greens | <input type="checkbox"/> cress | <input type="checkbox"/> mustard greens |
| <input type="checkbox"/> bok choy | <input type="checkbox"/> dark-green leafy lettuce | <input type="checkbox"/> romaine lettuce |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> endive | <input type="checkbox"/> spinach |
| <input type="checkbox"/> broccoli rabe (rapini) | <input type="checkbox"/> escarole | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> kale | <input type="checkbox"/> turnip greens |
| <input type="checkbox"/> chard | <input type="checkbox"/> mustard greens | <input type="checkbox"/> watercress |

Red and Orange Vegetables

- | | | |
|---|--|--|
| <input type="checkbox"/> acorn squash | <input type="checkbox"/> pumpkin | <input type="checkbox"/> red chili peppers |
| <input type="checkbox"/> butternut squash | <input type="checkbox"/> red and orange bell peppers | <input type="checkbox"/> sweet potatoes |
| <input type="checkbox"/> carrots | | <input type="checkbox"/> tomatoes |

Beans, Peas and Lentils

- | | | |
|--|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> bayo beans | <input type="checkbox"/> chickpeas | <input type="checkbox"/> lentils |
| <input type="checkbox"/> black beans | <input type="checkbox"/> edamame | <input type="checkbox"/> mung beans |
| <input type="checkbox"/> black-eyed peas | <input type="checkbox"/> fava beans | <input type="checkbox"/> pinto beans |
| <input type="checkbox"/> brown beans | <input type="checkbox"/> kidney beans | <input type="checkbox"/> white beans |

Starchy Vegetables

- | | | |
|---|---|--|
| <input type="checkbox"/> corn | <input type="checkbox"/> jicama | <input type="checkbox"/> taro root |
| <input type="checkbox"/> green lima beans | <input type="checkbox"/> parsnips | <input type="checkbox"/> water chestnuts |
| <input type="checkbox"/> green peas | <input type="checkbox"/> plantains | <input type="checkbox"/> yams |
| <input type="checkbox"/> hominy | <input type="checkbox"/> potatoes, white/yellow | <input type="checkbox"/> yucca |

Other Vegetables

- | | | |
|---|---|---|
| <input type="checkbox"/> alfalfa sprouts | <input type="checkbox"/> daikon | <input type="checkbox"/> onions |
| <input type="checkbox"/> artichokes | <input type="checkbox"/> eggplant | <input type="checkbox"/> radicchio |
| <input type="checkbox"/> asparagus | <input type="checkbox"/> fennel bulb | <input type="checkbox"/> radishes |
| <input type="checkbox"/> avocado | <input type="checkbox"/> garlic | <input type="checkbox"/> red cabbage |
| <input type="checkbox"/> bamboo shoots | <input type="checkbox"/> ginger root | <input type="checkbox"/> rutabaga |
| <input type="checkbox"/> bean sprouts | <input type="checkbox"/> green peppers | <input type="checkbox"/> seaweed |
| <input type="checkbox"/> beets | <input type="checkbox"/> green beans | <input type="checkbox"/> scallions |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Jerusalem artichokes (sunchokes) | <input type="checkbox"/> snow peas |
| <input type="checkbox"/> cabbage | <input type="checkbox"/> kohlrabi | <input type="checkbox"/> spaghetti squash |
| <input type="checkbox"/> cauliflower | <input type="checkbox"/> leeks | <input type="checkbox"/> tomatillos |
| <input type="checkbox"/> celeriac | <input type="checkbox"/> lettuce, iceberg | <input type="checkbox"/> turnips |
| <input type="checkbox"/> celery | <input type="checkbox"/> mushrooms | <input type="checkbox"/> wax beans |
| <input type="checkbox"/> chayote (mirliton) | <input type="checkbox"/> okra | <input type="checkbox"/> yellow squash |
| <input type="checkbox"/> cucumbers | | <input type="checkbox"/> zucchini |

Source: USDA, myplate.gov



Select a new vegetable to try each week



Check off each vegetable you have tried



Star vegetables you enjoyed