



# 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](http://myplate.gov)



Select a new vegetable to try each week



Check off each vegetable you have tried



Star vegetables you enjoyed