

Types of Veggies in your Vegetable Patch/School Lunch

Vegetables are organized into subgroups, based on their nutrient content.

Dark Green

Beet greens
Bok choy
Broccoli
Collard greens
Dark green leafy lettuce
Endive
Escarole
Kale
Mesclun
Mustard greens
Romaine lettuce
Spinach
Swiss chard
Turnip greens
Watercress



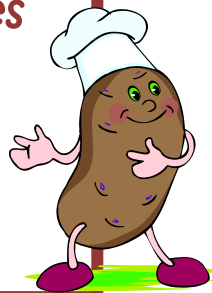
Orange

Acorn squash
Butternut squash
Carrots
Hubbard squash
Pumpkin
Sweet potatoes



Starchy Vegetables

Corn
Green peas
Lima beans
Potatoes



Legumes

Black beans
Black-eyed peas, mature
Garbanzo beans (chickpeas)
Great Northern beans
Kidney beans
Lentils
Lima beans, mature
Navy (Pea) beans
Pink beans
Pinto beans
Pork and beans (made from dry pinto)
Red beans
Soybeans, mature
Split peas
White beans



Other vegetables

Artichokes
Asparagus
Bean sprouts
Beets
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Eggplant
Green beans
Green or red peppers
Iceberg lettuce
Mushrooms
Okra
Onions
Parsnips
Tomatoes
Tomato juice
Vegetable juice
Turnips
Wax beans
Zucchini

