

VEGETABLES, FRUITS, GRAINS & SEEDS

VEGETABLES

- Artichoke
- Arugula
- Asparagus
 - Green, Purple, White
- Avocado
- Bamboo Shoots
- Bean Sprouts
- Beans- [see Bean List](#)
 - Adzuki Beans
 - Anasazi Beans
 - Black Beans/Black Turtle Beans
 - Black-Eyed Peas
 - Borlotti/Cranberry/Roman
 - Butter Beans
 - Cannellini Beans
 - Christmas Lima Bean/Chestnut Lima
 - Corona Beans
 - Fava Beans/Broad Beans
 - Flageolet Beans
 - Garbanzo Beans/Chickpeas
 - Desi/Bengal Gram
 - Chana Dal(split)
 - Great Northern Beans
 - Kidney Beans
 - Lentils
 - Green, Red, Yellow, Brown, Other
 - Lima Beans/Butter Beans
 - Lupini Beans
 - Marrow Beans
 - Moth Beans
 - Mung Beans
 - Navy Beans
 - Pigeon Pea
 - Pink Beans
 - Pinto Beans
 - Red Beans/Small Red Beans
 - Rice Beans
 - Scarlet Runner Beans
 - Soybean/Soya Bean
 - Spanish Tolosana Beans
 - Split Peas
 - Green, Yellow
 - Tepary Beans
 - Urad
- Beet
- Belgian Endive
- Bell Pepper
- Bitter Melon/Bitter Gourd
- Bok Choy/Bok Choi/Pak Choy
- Broccoli
- Brussels Sprouts
- Burdock Root/Gobo
- Cabbage
 - Green, Red, Savoy
- Calabash
- Capers
- Carrot
- Cassava/Yuca
- Cauliflower
- Celery
- Celery Root/Celeriac
- Celtuce
- Chayote
- Chinese Broccoli/Kai-lan
- Corn/Maize
 - Baby Corn/Candle Corn
- Cucumber
 - English Cucumber
 - Gherkin
 - Pickling Cucumbers
- Daikon Radish
- Edamame
- Eggplant/Aubergine
- Elephant Garlic
- Endive
 - Curly/Frisee
 - Escarole
- Fennel
- Fiddlehead
- Galangal
- Garlic
- Ginger

VEGETABLES, FRUITS, GRAINS & SEEDS

- Grape Leaves
- Green Beans/String Beans/Snap Beans
 - Wax Beans
- Greens
 - Amaranth Leaves/Chinese Spinach
 - Beet Greens
 - Collard Greens
 - Dandelion Greens
 - Kale
 - Kohlrabi Greens
 - Mustard Greens
 - Rapini
 - Spinach
 - Swiss Chard
 - Turnip Greens
- Hearts of Palm
- Horseradish
- Jerusalem Artichoke/Sunchokes
- Jícama
- Kale
 - Curly
 - Lacinato
 - Ornamental
- Kohlrabi
- Leeks
- Lemongrass
- Lettuce
 - Butterhead- Bibb, Boston
 - Iceberg
 - Leaf- Green Leaf, Red Leaf
 - Romaine
- Lotus Root
- Lotus Seed
- Mushrooms- [see Mushroom List](#)
 - Chanterelle
 - Crimini/Baby Bella
 - Enoki
 - Maitake
 - Morel
 - Oyster
 - Porcini
 - Portobello/Portabella
- Royal Trumpet/King Oyster
- Shiitake
- Truffles
- White Button
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- Napa Cabbage
- Nopales
- Okra
- Olive
- Onion
 - Green Onions/Scallions
- Parsley
- Parsley Root
- Parsnip
- Peas
 - green peas
 - snow peas
 - sugar snap peas
- Peppers- [see Peppers List](#)
 - Hot Peppers
 - Anaheim
 - Banana
 - Cayenne
 - Cherry
 - Chipotle- smoked and dried jalapeno
 - Fresno
 - Habanero
 - Hungarian/Yellow Wax
 - Jalapeno
 - New Mexico
 - Poblano
 - Serrano
 - Sport
 - Thai
 - Sweet Peppers
 - Bell
 - Cubanelle
 - Pimento
 - Sweet Banana
- Plantain
- Potato
- Pumpkin

VEGETABLES, FRUITS, GRAINS & SEEDS

- Purslane
- Radicchio
- Radish
- Rutabaga
- Sea Vegetables- [see Sea Vegetable List](#)
 - Alaria/Dabberlocks/Badderlocks/Winged Kelp
 - Agar Agar/Kanten(a seaweed product used like gelatin)
 - Aonori
 - Arame
 - Bladderwrack(most often found as a supplement)
 - Carrageen Moss/Irish Moss(usually used as a thickener)
 - Chlorella(micro algae used as a supplement)
 - Digitata Kelp/Oarweed
 - Dulse
 - Hijiki/Hiziki
 - Kelp
 - Kombu(a kelp)
 - Laver/Gim/Kim/Nori
 - Mozuku
 - Nori(a laver, often referred to simply as nori when in sushi sheets)
 - Ogonori
 - Rockweed
 - Sea Grape
 - Sea Lettuce
 - Spirulina(supplement)
 - Wakame(a kelp)
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- Shallots
- Spinach
- Squash- [see Squash List](#)
 - Summer Squash
 - Patty Pan
 - Yellow- Straightneck, Crookneck
 - Zucchini

- Winter Squash
 - Acorn
 - Banana
 - Buttercup
 - Butternut
 - Cushaw
 - Delicata
 - Hubbard
 - Kabocha
 - Pumpkin
 - Spaghetti
 - Turban
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- Sweet Potato
- Swiss Chard
- Taro
- Tomatillo
- Tomato
- Turnip
- Water Chestnut
- Water Spinach
- Watercress
- Winter Melon
- Yams
- Zucchini

FRUITS

- Apple
- Apricot
- Avocado
- Banana
- Berries- [see Berries List](#)
 - Acai Berry
 - Barberry
 - Bilberry
 - Blackberry
 - Blackcurrant
 - Blueberry
 - Boysenberry
 - Cloudberry
 - Cranberry
 - Elderberry

VEGETABLES, FRUITS, GRAINS & SEEDS

- Goji berry
- Gooseberry
- Huckleberry
- Lingonberry
- Loganberry
- Marionberry
- Mulberry
- Raspberry(Black/Golden/Red)
- Redcurrant
- Salmonberry
- Sea buckthorn Berry
- Serviceberry
- Strawberry
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- Breadfruit
- Carob
- Cherry
- Citron
- Coconut
- Date
- Dragon Fruit/Pitaya
- Durian
- Fig
- Ginger
- Grapes
 - Currant
 - Raisin
- Grapefruit
- Guava
- Jackfruit
- Jujube
- Kiwifruit
- Kumquat
- Lemon
- Lime
- Longan
- Loquat
- Lucuma
- Lychee
- Mamey Sapote
- Mango
- Mangosteen
- Melons- [see Melons List](#)
- Canary/Juan Canary Melon
- Cantaloupe/Muskmelon
- Casaba Melon
- Charentais
- Crenshaw
- Galia
- Honeydew
- Kiwano/Horned Melon/African Horned Cucumber
- Ogen
- Persian
- Santa Claus/Christmas Melon
- Sharlyn
- Watermelon
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- Nance
- Nectarine
- Noni
- Oranges
 - Blood Orange
 - Mandarin- Clementine, Satsuma
 - Navel
 - Seville
 - Valencia
- Papaya
- Passion Fruit
- Peach
- Pear
 - Asian Pear
- Persimmon
- Pineapple
- Plantain
- Plum
 - Damson
 - Prunes
- Pomegranate
- Pomelo
- Prickly Pear/Cactus Pear
- Quince
- Rambutan
- Rhubarb
- Starfruit
- Tamarillo

VEGETABLES, FRUITS, GRAINS & SEEDS

- Tamarind
- Tangerine
- Tangelo
- Tomato

GRAINS

- Amaranth
- Barley
 - Hulled Barley/Barley Groats
 - Pot/Scotch Barley
 - Pearl/Pearled Barley
 - Barley Flakes
 - Barley Grits
- Buckwheat
 - Buckwheat Groats/Unroasted Buckwheat
 - Kasha/Roasted Buckwheat
 - Buckwheat Grits
- Corn
 - Hominy
 - Popcorn
- Millet
- Oats
 - Oat Groats
 - Rolled Oats/Old Fashioned Oatmeal
 - Steel cut oats/Irish Oatmeal
 - Quick Cooking Oats/Quick Oatmeal
 - Instant Oats/Instant Oatmeal
 - Oat Bran
- Quinoa
- Rice- [see Rice List](#)
 - Arborio
 - Basmati
 - Bhutanese Red
 - Black Japonica
 - Brown
 - Calrose
 - Camargue Red Rice/Riz Rouge
 - Carnaroli
 - Forbidden/Black Forbidden Rice
 - Instant
 - Jasmine
 - Kalijira/Kala Jeera
 - Long Grain
 - Medium Grain
 - Parboiled/Converted
 - Paella
 - Calasparra
 - Valencia
 - Patna
 - Popcorn Rice(a Basmati and American long grain hybrid)
 - Purple Sticky
 - Short Grain
 - Sticky/Glutinous/Sweet/Mochi
 - Sushi
 - Wild Rice
- Rye
 - Rye Berries
 - Cracked Rye
 - Rye Flakes
- Sorghum
- Spelt
 - Spelt Berries
 - Spelt Flakes
- Teff
- Triticale
 - Triticale Berries
 - Triticale Flakes
- Wheat
 - Wheat Berries
 - Bulgur Wheat
 - Cracked Wheat
 - Farina
 - Semolina
 - Pasta
 - Couscous
 - Wheat Bran
 - Wheat Flakes
 - Seitan/Wheat Gluten

VEGETABLES, FRUITS, GRAINS & SEEDS

- Farro(variety of Wheat)
- Kamut(Brand and Trademarked Name of Khorasan Wheat)
- Durum Wheat(variety of Wheat)
- Wild Rice

SEEDS/NUTS

- Nuts
 - Acorn/Oak Nuts
 - Almond
 - Brazil Nut
 - Candlenut
 - Cashew
 - Chestnuts
 - Coconut
 - Hazelnut
 - Filbert(species of)
 - Kola Nut(usually found in an extract)
 - Macadamia
 - Peanut
 - Pecan
 - Pili Nut
 - Pine Nut
 - Pistachio
 - Soynuts
 - Walnut
 - Black Walnut
 - Butternut
 - Heartnut
- Seeds
 - Caraway Seeds
 - Chia Seeds
 - Flax Seeds
 - Hemp Seeds
 - Poppy Seeds
 - Pumpkin Seeds/Pepitas
 - Sesame Seeds
 - Squash Seeds
 - Sunflower Seeds