

Vibrant Futures

Child and Adult Care Food Program

VEGETABLES

A - B

- alfalfa sprouts
- aloe leaves
- arrow root
- arrowhead
- artichokes
- asparagus
- avocados
- bamboo shoots
- banana flowers
- bean sprouts
- beans
- beet tops

C - D

- cabbage
- cabbage sprouts
- cactus leaf (nopales)
- calabaza
- cardoon
- carrots
- cauliflower
- celery
- chayote
- chinese artichoke (crosnes)
- chinese cabbage
- chinese celery
- chinese chives
- choy sum
- chrysanthemum leaves (tung ho)
- collard greens
- corn stalks
- corn-sweet
- cucumbers

- daikon
- dandelion greens
- dasheen
- dau mue (pea tips)
- donqua (winter melon)

E - G

- eggplant
- endive
- escarole
- fiddle head ferns
- field cress
- frisee
- gai choy (chinese mustard)
- gailon
- galanga (siam, thai ginger)
- garlic
- ginger root
- gobo
- greens

H - L

- hanover salad greens
- huauzontle
- jerusalem artichokes
- jicama
- kale greens
- kohlrabi
- lamb's quarters (quilete)

- lettuce, bibb
- lettuce, boston
- lettuce, boston, red
- lettuce, green leaf
- lettuce, iceberg
- lettuce, lolla rossa
- lettuce, oak leaf - green
- lettuce, oak leaf - red
- lettuce, processed
- lettuce, red leaf
- lettuce, romaine
- lettuce, ruby romaine
- lettuce, russian red mustard
- linkok
- lo bok
- long beans
- lotus root

M - O

- mache
- maguey (agave) leaves
- malanga
- mesculin mix
- asian vegetables
- mizuna
- moap (smooth luffa)
- moo
- moqua (fuzzy squash)
- mushrooms
- mustard
- nagaimo
- okra

Over



- olives
- ong choy
- onions green
- opo (long squash)
- ornamental corn
- ornamental gourds

P - R

- parsley
- parsnips
- peas green
- peas other
- peppers, bell type
- peppers, other
- potatoes
- pumpkins
- radicchio
- radish sprouts
- radishes
- rape greens
- rhubarb
- romaine, baby red
- rutabagas

S - Z

- salicornia (sea bean)
- sinqua (angled/ridged luffa)
- spinach
- squash
- straw bales
- sugarcane
- sweet potatoes
- swiss chard
- tamarindo
- taro
- taro leaf
- taro shoots
- tatsoi
- tepeguaje (guaje)
- tindora
- tomatillos
- tomatoes
- tomatoes, cherry
- tomatoes, grape type
- tomatoes, plum type
- tumeric
- water chestnuts
- yampi
- yams (names)
- yu choy
- yuca (cassava)

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