

Vibrant Futures

Child and Adult Care Food Program



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 

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S - Z

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

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

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