

## Chart of Colored Vegetables and Fruit

<u>Green</u>	<u>White</u>	<u>Red</u>	<u>Yellow/Orange</u>	<u>Blue/Purple</u>
Artichokes	<a href="#">Bananas</a>	<a href="#">Beets</a>	Apricots	Black currants
Arugula	Brown pears	Blood oranges	Butternut squash	Black salsify
Asparagus	Cauliflower	Cherries	Cantaloupe	Blackberries
Avocados	Dates	<a href="#">Cranberries</a>	Cape	<a href="#">Blueberries</a>
Broccoflower	<a href="#">Garlic</a>	Guava	Gooseberries	Dried plums
Broccoli	<a href="#">Ginger</a>	<a href="#">Papaya</a>	Carrots	Eggplant
Broccoli rabe	Jerusalem artichoke	Pink grapefruit	Golden kiwifruit	Elderberries
Brussel sprouts	Jicama	Pink/Red grapefruit	Grapefruit	Grapes
Celery	Kohlrabi	<a href="#">Pomegranates</a>	Lemon	Plums
Chayote squash	<a href="#">Mushrooms</a>	Radicchio	Mangoes	Pomegranates
Chinese cabbage	<a href="#">Onions</a>	Radishes	Nectarines	Prunes
<a href="#">Cucumbers</a>	Parsnips	Raspberries	Oranges	Purple Belgian endive
Endive	Potatoes	Red apples	Papayas	Purple Potatoes
<a href="#">Green apples</a>	Shallots	Red bell peppers	Peaches	Purple asparagus
Green beans	Turnips	Red chili peppers	Persimmons	Purple cabbage
Green cabbage	White Corn	Red grapes	Pineapples	Purple carrots
Green grapes	White nectarines	Red onions	<a href="#">Pumpkin</a>	Purple figs
Green onion	White peaches	Red pears	Rutabagas	Purple grapes
Green pears		Red peppers	Sweet corn	Purple peppers
Green peppers		Red potatoes	Sweet potatoes	Raisins
<a href="#">peppers</a>		Rhubarb	Tangerines	
Honeydew		Strawberries	Yellow apples	
Kiwifruit		Tomatoes	Yellow beets	
Leafy greens		Watermelon	Yellow figs	
Leeks			Yellow pears	
Lettuce			Yellow peppers	
Limes			Yellow potatoes	
Okra			Yellow summer squash	
Peas			Yellow tomatoes	
Sno Peas			Yellow watermelon	
<a href="#">Spinach</a>			Yellow winter squash	
Sugar snap peas				
Watercress				
Zucchini				