

## Chart of Colored Vegetables and Fruit

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