

# USDA VEGETABLE SUBGROUPS

DARK GREEN	RED & ORANGE	OTHER
<ul style="list-style-type: none"> <li>● Bok Choy</li> <li>● Broccoli</li> <li>● Collard Greens</li> <li>● Dark Green Leafy Lettuce</li> <li>● Escarole Lettuce</li> <li>● Kale</li> <li>● Mesclun</li> <li>● Mustard Greens</li> <li>● Romaine Lettuce</li> <li>● Spinach</li> <li>● Turnip Greens</li> <li>● Watercress</li> </ul>	<ul style="list-style-type: none"> <li>● Acorn Squash</li> <li>● Butternut Squash</li> <li>● Carrots</li> <li>● Hubbard Squash</li> <li>● Pumpkin</li> <li>● Red Peppers</li> <li>● Sweet Potatoes</li> <li>● Tomatoes</li> <li>● Tomato Juice</li> </ul>	<ul style="list-style-type: none"> <li>● Artichokes</li> <li>● Asparagus</li> <li>● Avocado</li> <li>● Bean Sprouts</li> <li>● Beets</li> <li>● Brussels Sprouts</li> <li>● Cabbage</li> <li>● Cauliflower</li> <li>● Celery</li> <li>● Cucumbers</li> <li>● Eggplant</li> <li>● Green Beans</li> <li>● Green Peppers</li> <li>● Iceberg (<i>Head</i>) Lettuce</li> <li>● Mushrooms</li> <li>● Okra</li> <li>● Onions</li> <li>● Parsnips</li> <li>● Radish</li> <li>● Snap Beans</li> <li>● Turnips</li> <li>● Wax Beans</li> <li>● Zucchini</li> </ul>
BEANS, PEAS, & LENTILS	STARCHY	
<ul style="list-style-type: none"> <li>● Black Beans</li> <li>● Black-Eyed Peas (<i>Mature, Dry</i>)</li> <li>● Garbanzo Beans (<i>Chickpeas</i>)</li> <li>● Kidney Beans</li> <li>● Lentils</li> <li>● Navy Beans</li> <li>● Pinto Beans</li> <li>● Soybeans/Edamame</li> <li>● Split Peas (<i>Dry</i>)</li> <li>● White Beans</li> </ul>	<ul style="list-style-type: none"> <li>● Cassava</li> <li>● Corn</li> <li>● Green Peas</li> <li>● Green Lima Beans</li> <li>● Plantains</li> <li>● Potatoes</li> <li>● Taro</li> <li>● Water Chestnuts</li> <li>● Fresh Cowpeas, Field Peas, or Black-Eyed Peas (<i>Not Dry</i>)</li> </ul>	