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| *Apples* | Arugula | *Asparagus* |
| *Bananas* | *Beans – of all types* | Beets |
| Blueberries | Blackberries | *Strawberries* |
| *Broccoli* | *Brussels Sprouts* | Cabbage |
| *Carrots* | Cauliflower | Celery |
| Chard | Clementine Oranges | Corn |
| Cucumbers | Fennel | Garlic |
| Grapefruit | Iceberg Lettuce | Jicama |
| Kale | Lemons | Limes |
| *Lentils* | Lettuce | *Oatmeal* |
| Onions | Papayas | *Peas* |
| Peppers | Pineapple | Radishes |
| Rice | Romaine Lettuce | Rutabaga |
| Spinach | Sugar Snap Peas | *Sweet Potatoes* |
| Tomatoes | *Turnips* | Watercress |
| White Mushrooms | *Zucchini* |  |
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