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| Watercress | *Beans – Black and Kidney* | *Broccoli* |
| *Broccoli Sprouts* | *Broccolini* | Blueberries |
| Blackberries | Collard Greens | *Oatmeal* |
| Garlic | Arugula | *Asparagus* |
| Avocados | Beet Greens | Jicama |
| Kale | Lemons | Limes |
| Lettuce (Romaine and Leaf) | Onions | Peppers |
| Radicchio | Matcha Green Tea | Swiss Chard |
| Cauliflower | Celery | Cranberries |
| Cucumber | Gooseberries | Daikon |
| Carrots | Beets | Radishes |
| Strawberries | *Summer Squash* | Tomatoes |
| *Turnips* | Turnip Greens | *Zucchini* |
| Quinoa | Grapefruit | Apple |
| Watermelon | Pineapple |  |
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