

# Full List of Fruits and Vegetables

## RED

Red Apples	Red Onions	Raspberries
Blood Oranges	Red Pears	Radicchio
Cherries	Pomegranate	Rhubarb
Cranberries	Red Beets	Strawberries
Red Grapes	Red Cabbage	Tomatoes
Pink Grapefruit	Red Potatoes	Watermelon
Lingonberries	Radishes	

## ORANGE

Acorn Squash	Kumquats	Orange Peppers
Apricots	Mangoes	Persimmons
Butternut Squash	Nectarines	Pumpkins
Cantaloupe	Oranges	Sweet Potatoes
Carrots	Papayas	Tangerines
Kabocha Squash	Passionfruit	Turmeric
Kiwano Melons	Peaches	

## YELLOW

Yellow Apples	Ginger	Yellow Peppers
Bananas	Grapefruit	Yukon Gold Peppers
String Beans	Yellow Kiwis	Yellow Tomatoes
Cactus Pears	Lemons	Yellow Watermelon
Corn	Yellow Pears	
Yellow Figs	Pineapple	

## GREEN

Green Apples	Arugula	Avocado
Artichokes	Asparagus	Bitter Melon

Broccoli  
Brussels Sprouts  
Cabbage  
Collard Greens  
Cucumber  
Green Grapes  
Green Beans

Honeydew Melon  
Kale  
Kiwi  
Limes  
Lettuce  
Peas  
Pears

Peppers  
Romanesco  
Cauliflower  
Seaweed  
Spinach  
Zucchini

### **GREENISH WHITE**

Asian Pear  
Burdock Root  
Cauliflower  
Chives  
Coconut  
Daikon Radish  
Dates  
Dragonfruit  
Fennel  
Garlic

Guava  
Ginger  
Horseradish  
Jicama  
Kohlrabi  
Leeks  
Lychee  
Mushrooms  
Spring Onions  
Onions

Parsley Root  
Parsnip  
White Peach  
Pear  
Potato  
Sunchoke  
Taro Root  
Turnip

### **BLUE/INDIGO/VIOLET**

Purple Asparagus  
Purple Beans  
Blackberries  
Blueberries  
Cairino  
Black Currants  
Black Carrot

Black Cherry  
Purple Cabbage  
Eggplant  
Elderberries  
Figs  
Purple Grapes  
Kohlrabi

Mulberry  
Purple Onion  
Purple Peppers  
Plum  
Blue Potato  
Black Radish