

FRUITS AND VEGETABLES BY COLOR

GREEN

Artichokes
Asparagus
Avocados
Broccoli
Brussels Sprouts
Cucumbers
Dark Leafy Greens
Green Apple
Green Beans
Green Cabbage
Green Grapes
Green Onions
Green Pepper
Honeydew Melon
Kiwi
Lettuce
Limes
Peas
Spinach
Zucchini

BLUE/PURPLE

Blackberries
Black Currants
Blueberries
Elderberries
Eggplant
Figs
Plums
Purple Asparagus
Purple Cabbage
Purple Carrots
Purple Grapes
Purple Kohlrabi
Purple Pepper
Purple Potatoes
Prunes
Raisins

RED

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

ORANGE

Apricots
Butternut Squash
Cantaloupe
Carrots
Mango
Nectarines
Oranges
Orange Peppers
Orange Tomatoes
Papaya
Peaches
Persimmons
Pumpkin
Sweet Potatoes
Tangerines

YELLOW

Lemons
Pineapple
Rutabagas
Summer Squash
Yellow Apples
Yellow Beets
Yellow Figs
Yellow Kiwi
Yellow Pears
Yellow Peppers
Yellow Potatoes
Yellow Tomatoes
Yellow Watermelon
Winter Squash

WHITE

Bananas
Cauliflower
Dates
Fennel
Garlic
Ginger
Green Onions
Jerusalem Artichoke
Jicama
Kohlrabi
Leeks
Onions
Parsnips
Potatoes
Shallots
White Pear
White Nectarine
White Mushrooms
White Peaches