

<b>A</b>	ASPARAGUS, APPLES, ARTICHOKEs	<input checked="" type="checkbox"/>	NOTES
<b>B</b>	BANANAS, BERRIES, BOK CHOY, BROCCOLI, BRUSSELS SPROUTS, BEETROOT, BLACK BEANS, BRAZIL NUTS	<input checked="" type="checkbox"/>	NOTES
<b>C</b>	COCOA, CHICKPEAS, CABBAGE, CELERY, CELERIAC, CAULIFLOWER, CHARD, CARROTS, CUCUMBERS, CASHEW NUTS	<input checked="" type="checkbox"/>	NOTES
<b>D</b>	DANDELION GREENS, DILL	<input checked="" type="checkbox"/>	NOTES
<b>E</b>	EGGPLANT (AUBERGINE), EDAMAME BEANS	<input checked="" type="checkbox"/>	NOTES
<b>F</b>	FENNEL, FAVA (OR BROAD) BEANS	<input checked="" type="checkbox"/>	NOTES
<b>G</b>	GINGER, GARLIC, GARDEN PEAS	<input checked="" type="checkbox"/>	NOTES
<b>H</b>	HERBS, HABANERO PEPPERS, HARICOT BEANS, HAZELNUTS	<input checked="" type="checkbox"/>	NOTES
<b>I</b>	ICEBERG LETTUCE	<input checked="" type="checkbox"/>	NOTES
<b>J</b>	JALAPEÑO PEPPERS, JERUSALEM ARTICHOKEs	<input checked="" type="checkbox"/>	NOTES
<b>K</b>	KALE, KIDNEY BEANS, KIWI FRUIT	<input checked="" type="checkbox"/>	NOTES
<b>L</b>	LENTILS, LETTUCE, LEMONGRASS, LEEKS	<input checked="" type="checkbox"/>	NOTES
<b>M</b>	MARROW, MUSHROOMS	<input checked="" type="checkbox"/>	NOTES

<b>N</b>	NETTLES, NECTARINES, NUTS	<input checked="" type="checkbox"/>	NOTES
<b>O</b>	OKRA, OLIVES, ONIONS	<input checked="" type="checkbox"/>	NOTES
<b>P</b>	PARSNIPS, PARSLEY, PEPPERS, PEAS, PAPRIKA, PUMPKIN, POTATOES, PINTO BEANS	<input checked="" type="checkbox"/>	NOTES
<b>Q</b>	QUINCE, QUINOA	<input checked="" type="checkbox"/>	NOTES
<b>R</b>	RADICCHIO, RHUBARB, RED ONIONS, ROCKET, ROSEMARY, RADISHES, RASPBERRIES	<input checked="" type="checkbox"/>	NOTES
<b>S</b>	SEAWEED, SWEET POTATOES, SQUASH, SPINACH, SHALLOTS, STRAWBERRIES	<input checked="" type="checkbox"/>	NOTES
<b>T</b>	TURNIPS, TOMATOES	<input checked="" type="checkbox"/>	NOTES
<b>U</b>	URAD DAAL	<input checked="" type="checkbox"/>	NOTES
<b>V</b>	VANILLA	<input checked="" type="checkbox"/>	NOTES
<b>W</b>	WASABI, WATERCRESS, WATER CHESTNUTS, WATERMELON	<input checked="" type="checkbox"/>	NOTES
<b>X</b>	XIGUA (CHINESE WATERMELON). THESE ARE VERY RARE, PARTICULARLY IN THE UK.	<input checked="" type="checkbox"/>	NOTES
<b>Y</b>	YAMS, YELLOW LENTILS	<input checked="" type="checkbox"/>	NOTES
<b>Z</b>	ZUCCHINI (COURGETTE)	<input checked="" type="checkbox"/>	NOTES