





Aim for 30 + plants a week, Color, Variety and Fun!

Fruits	Vegetables	Nuts and Seeds	Whole Grains
<ul style="list-style-type: none"><input type="checkbox"/> Apple<input type="checkbox"/> Apricot<input type="checkbox"/> Avocado<input type="checkbox"/> Ackee<input type="checkbox"/> Banana<input type="checkbox"/> Blackberries<input type="checkbox"/> Blueberries<input type="checkbox"/> Breadfruit<input type="checkbox"/> Black cherry<input type="checkbox"/> Cherry<input type="checkbox"/> Coconut<input type="checkbox"/> Cherries<input type="checkbox"/> Custard apple<input type="checkbox"/> Cantaloupe<input type="checkbox"/> Cranberries<input type="checkbox"/> Chayote<input type="checkbox"/> Coconut<input type="checkbox"/> Dates<input type="checkbox"/> Dragonfruit<input type="checkbox"/> Elderberry<input type="checkbox"/> Fig<input type="checkbox"/> Grapes<input type="checkbox"/> Grapefruit<input type="checkbox"/> Guava	<ul style="list-style-type: none"><input type="checkbox"/> Asparagus<input type="checkbox"/> Acorn Squash<input type="checkbox"/> Beetroot<input type="checkbox"/> Bokchoy<input type="checkbox"/> Broccoli<input type="checkbox"/> Beans<input type="checkbox"/> Beansprout<input type="checkbox"/> Brussels sprouts<input type="checkbox"/> Broccolini<input type="checkbox"/> Cabbage<input type="checkbox"/> Capsicum<input type="checkbox"/> Carrots<input type="checkbox"/> Cassava<input type="checkbox"/> Celery<input type="checkbox"/> Corn<input type="checkbox"/> Cucumber<input type="checkbox"/> Dasheen<input type="checkbox"/> Eggplant<input type="checkbox"/> Edamame<input type="checkbox"/> Fennel<input type="checkbox"/> Lettuce<input type="checkbox"/> Artichoke<input type="checkbox"/> Kale<input type="checkbox"/> Mushroom	<ul style="list-style-type: none"><input type="checkbox"/> Chia seeds<input type="checkbox"/> Sunflower seeds<input type="checkbox"/> Pumpkin<input type="checkbox"/> Flaxseed<input type="checkbox"/> Sesame seeds<input type="checkbox"/> Poppy Seeds<input type="checkbox"/> Tahini<input type="checkbox"/> Nut butter<input type="checkbox"/> Pine nuts<input type="checkbox"/> Almonds<input type="checkbox"/> Walnuts<input type="checkbox"/> Cashews<input type="checkbox"/> Hazelnuts<input type="checkbox"/> Pistachio<input type="checkbox"/> Pecans<input type="checkbox"/> Macadamia<input type="checkbox"/> Brazil nuts 	<ul style="list-style-type: none"><input type="checkbox"/> Brown rice<input type="checkbox"/> Wild rice<input type="checkbox"/> Barley<input type="checkbox"/> Rye<input type="checkbox"/> Bulgur wheat<input type="checkbox"/> Buckwheat<input type="checkbox"/> Millet<input type="checkbox"/> Quinoa<input type="checkbox"/> Teff<input type="checkbox"/> Sorghum<input type="checkbox"/> Amaranth<input type="checkbox"/> Oats<input type="checkbox"/> Popcorn<input type="checkbox"/> Whole grain bread and crackers<input type="checkbox"/> High fiber cereal 

- Honeydew melon
- Jackfruit
- Kiwi
- Mango
- Mandarin
- Nectarine
- Orange
- Papaya
- Passionfruit
- Peach
- Pear
- Persimmon
- Pineapple
- Plum
- Pomegranate
- Paw paw
- Raisins
- Raspberries
- Rambutan
- Red currant
- Strawberries
- Starfruit
- Satsuma
- Tomato
- Tomatillo
- Watermelon



- Onion
- Parsnip
- Potato
- Pumpkin
- Radish
- Spring onion
- Spinach
- Sweet potato
- Seaweed
- Zucchini

Herbs

- Cilantro
- Garlic
- Chili
- Dill
- Parsley
- Mint
- Chives
- Ginger
- Basil
- Oregano
- Thyme
- Rosemary
- Lemongrass
- Curry leaves



Legumes

- Beans
- Chickpeas
- Lentils
- Peas
- Fava beans



