

<b>Staple Vegetables</b>	Acorn squash, Alfalfa, Bell peppers, Butternut squash, Collard greens, Dandelion greens, Green beans, Kabocha squash, Mustard greens, Okra, Parsnip, Snap peas, Watercress, Yucca root (Cassava)
<b>Staple Vegetable (with other greens)</b>	Chicory greens (Escarole), Endive, Frozen vegetables, Parsley, Turnip greens
<b>Staple Fruit</b>	Cactus leaves (prickly pear), Mango, Papaya
<b>Occasional / Treat</b>	Apples, Asparagus, Bananas, Blackberries, Bok Choy, Broccoli, Cantaloupe, Cauliflower, Carrots, Coriander (cilantro), Cucumber, Grapes, Honeydew melon, Kale, Kiwi fruit, Parsley, Peas, Peaches, Pears, Pumpkin, Radishes, Raspberries, Rutabaga, Spaghetti squash, Strawberries, Swiss chard, Watermelon, Yellow squash, Zucchini
<b>Flowers &amp; Leaves</b>	Dahlia, Hibiscus, Nasturtiums,
<b>Avoid</b>	Avocado, Lettuce, Spinach (ok occasionally), Rhubarb, Lightning bugs, Lady bugs, Spiders