

BUILD THE RAINBOW

RED

Apples	Pomegranate	Red Potatoes
Beets	Raspberries	Strawberry
Cherries	Radicchio	Tomato
Cranberries	Red Onion	Watermelon
Dragonfruit	Radishes	
Grapes	Red Peppers	

YELLOW/ ORANGE

Apricots	Clementine	Oranges Papaya
Autumn Squash	Golden Beets	Pineapple
Banana Carrot	Kumquat	Summer Squash
Corn	Lemons	Sweet Potato
Cantaloupe	Mangoes	Yellow Peppers
	Nectarines	

WHITE /TAN

Cauliflower	Lychee	Sunchoke
Daikon	Mushrooms	Turnips
Eggplant	Onion	White
Garlic	Parsnips	Asparagus
Jicama	Potatoes	White Corn
Kohlrabi	Radish	White Peaches

GREEN

Apples	Celery	Leafy greens
Avocados	Cucumbers	Leeks Limes
Artichoke	Dandelion Greens	Okra
Arugula	Grapes	Peas
Asparagus	Green Beans	Peppers
Broccoli	Green Onion	Salad greens
Bok Choy	Honeydew	Watercress
Brussels Sprouts	Jalapeno	Zucchini
Cabbage	Kiwi	

PURPLE/ BLUE

Asparagus	Eggplant	Radish
Blackberries	Figs	Prunes
Blueberries	Grapes	Potato
Cabbage	Olives	Purple Peppers
Currants	Plums	Sweet Potato
Elderberries	Raisins	