

### Red

Red Apples  
Beets  
Red Cabbage  
Cherries  
Cranberries

Pink Grapefruit  
Red Grapes  
Pomegranates  
Red Peppers  
Red Potatoes

Rhubarb  
Strawberries  
Tomatoes  
Watermelon  
Blood Oranges

Radicchio  
Guava  
Raspberries  
Radishes

### Yellow & Orange

Yellow Apples  
Apricots  
Butternut Squash  
Cantaloupe  
Carrots  
Grapefruit

Lemons  
Mangoes  
Nectarines  
Oranges  
Papayas  
Peaches  
Pears

Yellow Peppers  
Persimmons  
Pineapple  
Pumpkin  
Rutabagas  
Yellow Summer or  
Winter Squash

Sweet Corn  
Sweet Potatoes  
Tangerines  
Yellow Tomatoes  
Yellow Watermelon  
Yellow figs

### Green

Green Apples  
Artichokes  
Asparagus  
Avocados  
Green Beans  
Broccoli  
Leeks

Brussels Sprouts  
Green Cabbage  
Cucumbers  
Green Grapes  
Honeydew Melon  
Endive  
Okra

Kiwi  
Lettuce  
Limes  
Green Onions  
Peas  
Green Peppers  
Snow Peas

Spinach  
Zucchini  
Kale  
Bok Choy  
Arugula  
Celery  
Sugar Snap Peas

### Blue & Purple

Blackberries  
Blueberries  
Eggplant  
Figs  
June Berries

Prunes  
Purple Grapes  
Raisins  
Black Currants

Purple Potatoes  
Purple Asparagus  
Purple Cabbage  
Purple Carrots

Belgian Endive  
Plums  
Purple Peppers  
Elderberries

### White

Bananas  
Cauliflower  
Garlic  
Ginger

Onions  
Parsnips  
Potatoes

Turnips  
Mushrooms  
Shallots

White Peaches  
Jicama  
White Nectarines

