

Eat the RAINBOW!



Red

Radish
Káposzta
Red radicchio
Red bell pepper
Red chili pepper
Onion
Beet
Potato
Rhubarb
Tomato
Raspberry
Strawberry
Apple
Pear
Blood orange
Cherry
Sour cherry
Cranberry
Guava
Pink/red grapefruit
Grapes
Watermelon

Orange

Bell pepper
Butternut squash
Winter squash
Carrot
Sweet potato
Apricot
Orange
Grapefruit
Papaya
Mango
Nectarin
Peach
Turmeric

Yellow

Yellow beet
Yellow zucchini
Yellow potato
Yellow winter
squash
Yellow bell pepper
Yellow carrot
Yellow pear
Yellow apple
Pineapple
Lemon
Golden kiwi

Green

Bell pepper
Artichoke
Asparagus
Sorrel
Spinach
Arugula
Savoy cab-
bage
Brussels sprout
Kale
Cabbage
Broccolini
Broccoli
Broccoli rabe
Chayote
squash
Chinese cab-
bage
Endives
Cucumber
Zucchini
Okra
Lettuce
Green bean
Pea
Snow pea

Collard green
Watercress
Chard
Lamb's lettuce
Leek
Chives
Spring onion
Parsley
Dill
Oregano
Basil
Dandelion
Chickweed
Celery
Avocado
Green apple
Green pear
Grapes
Kiwi
Honeydew melon

Blue

Cabbage
Endives
Purple carrot
Purple cauli-
flower
Eggplant/au-
bergine
Potato
Cabbage
Asparagus
Grapes
Plum, prune
Fig
Blueberry
Elderberry
Blackberry
Black currant

White/tan

Cauliflower
Mushrooms
Parsnip
White carrot
Onion
Garlic
Kohlrabi
Jerusalem artichoke
Ginger
Dates
Lemongrass
Banana
White peach
Potato
Turnip
Shallot
Plantain

The list of available vegetables and fruits can vary town by town or country by country.
If you are lucky enough to find other veggies, like banana or grape leaf, or any other veggies and fruits, go for them.