

## **List of Non-Starchy Vegetables**

Asparagus  
Bamboo Shoots  
Beans (Green, Italian, Wax)  
Bean Sprouts  
Bok Choy  
Broccoli  
Brussel Sprouts  
Cabbage (Green, Purple, Chinese)  
Cauliflower  
Celery  
Chayote  
Cucumber  
Daikon  
Eggplant (Black, Japanese, etc.)  
Greens (Collard, Kale, Mustard, Turnip)  
Hearts of Palm  
Kohlrabi  
Pea Pods  
Peppers (Banana, Bell, Poblano, etc.)  
Radishes  
Salad Greens (Arugula, Chicory, Endive, Lettuce, Spinach, etc)  
Sprouts  
Squash (Crookneck, Yellow, Zucchini, etc.)  
Swiss Chard  
Tomato  
Water Chestnuts

\*Varieties of the above listed foods can be found at [www.rareseeds.com](http://www.rareseeds.com).  
This website also offers heirloom seeds to grow your own vegetables.