

USDA Vegetable Subgroups

*Popular Florida-grown items are in **bold***

Dark Green Vegetables • Bok Choy • Broccoli • Broccoli Rabe • Collard Greens • Green or Red Leafy Lettuce • Escarole Lettuce • Kale • Mesclun • Mustard Greens • Romaine Lettuce • Spinach • Turnip Greens • Watercress	Red and Orange Vegetables • Acorn Squash • Butternut Squash • Carrots • Hubbard Squash • Orange Peppers • Pumpkin • Red Peppers • Sweet Potatoes • Tomatoes • Tomato Juice • Yellow Yams	Other Vegetables • Artichokes • Asparagus • Avocado • Bean Sprouts • Beets • Brussels Sprouts • Cabbage • Cauliflower • Celery • Cucumbers • Eggplant • Green Beans • Green Peppers • Iceberg (Head) Lettuce • Mushrooms • Okra • Onions • Parsnips • Purple (Bell) Peppers • Radish • Snap Beans • Summer Squash • Turnips • Wax Beans • Yellow Peppers • Zucchini
Beans, Peas and Legume Vegetables • Black Beans • Black-Eyed Peas (Mature, Dry) • Edamame • Garbanzo Beans (Chickpeas) • Kidney Beans • Lentils • Navy Beans • Pinto Beans • Soy Beans • Split Peas • White Beans	Starchy Vegetables • Cassava • Corn • Green Bananas • Green Peas • Lima Beans • Plantains • Potatoes • Taro • Water Chestnuts • White Yams • Fresh Cowpeas, Field Peas or Black-Eyed Peas (Not Dry)	

Additional related resources:

Updated 03-2021

- Menu Planner for School Meals: <https://www.fns.usda.gov/tn/menu-planner>

- Child Nutrition Standardized Recipes: <https://theicn.org/cnrb/recipes-for-schools/>

- USDA My Plate: <https://myplate.gov/eat-healthy/vegetables>