

Fruits and Vegetables Listed By Color

Green	Red	White	Yellow/Orange	Blue/Purple
Artichokes	Beets	Bananas	Apricots	Black currants
Arugula	Blood oranges	Brown pears	Butternut squash	Black salsify
Asparagus	Cherries	Cauliflower	Cantaloupe	Blackberries
Avocados	Cranberries	Dates	Cape Gooseberries	Blueberries
Broccoflower	Guava	Garlic	Carrots	Dried plums
Broccoli	Papaya	Ginger	Golden kiwifruit	Eggplant
Broccoli rabe	Pink grapefruit	Jerusalem artichoke	Grapefruit	Elderberries
Brussel sprouts	Pink/Red grapefruit	Jicama	Lemon	Grapes
Celery	Pomegranates	Kohlrabi	Mangoes	Plums
Chayote squash	Radicchio	Mushrooms	Nectarines	Pomegranates
Chinese cabbage	Radishes	Onions	Oranges	Prunes
Cucumbers	Raspberries	Parsnips	Papayas	Purple Belgian endive
Endive	Red apples	Potatoes	Peaches	Purple Potatoes
Green apples	Red bell peppers	Shallots	Persimmons	Purple asparagus
Green beans	Red chili peppers	Turnips	Pineapples	Purple cabbage
Green cabbage	Red grapes	White Corn	Pumpkin	Purple carrots
Green grapes	Red onions	White nectarines	Rutabagas	Purple figs
Green onion	Red pears	White peaches	Sweet corn	Purple grapes
Green pears	Red peppers		Sweet potatoes	Purple peppers
Green peppers	Red potatoes		Tangerines	Raisins
Honeydew	Rhubarb		Yellow apples	
Kiwifruit	Strawberries		Yellow beets	
Leafy greens	Tomatoes		Yellow figs	
Leeks	Watermelon		Yellow pears	
Lettuce			Yellow peppers	
Limes			Yellow potatoes	
Okra			Yellow summer squash	
Peas			Yellow tomatoes	

Sno Peas			Yellow watermelon	
Spinach			Yellow winter squash	
Sugar snap peas				
Watercress				
Zucchini				

*Thank you to Lani Muelrath