

# CHECKLIST: 30 Plants/Week

@djblatner

## GRAINS

- Amaranth
- Barley
- Brown rice
- Buckwheat
- Corn/popcorn
- Kamut
- Millet
- Oats
- Quinoa
- Rye
- Sorghum
- Spelt
- Teff
- Whole wheat
- Wild rice

## HERBS/SPICES

- Basil
- Cayenne
- Chives
- Cinnamon
- Cocoa
- Cumin
- Dill
- Garlic
- Ginger
- Matcha
- Mint
- Nutmeg
- Oregano
- Parsley
- Pepper
- Turmeric

## FRUITS

- Apple
- Apricot
- Avocado
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes/raisins
- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Olives
- Papaya
- Peach
- Pear
- Pineapple
- Plantain
- Plum/prunes
- Pomegranate
- Raspberries
- Strawberries
- Watermelon

## VEGGIES

- Artichoke
- Arugula
- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Fennel
- Green beans
- Jicama
- Kale
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Peppers
- Pumpkin
- Radishes
- Spinach
- Squash
- Sweet potato
- Swiss chard
- Tomatoes
- Turnips
- Watercress
- White potato
- Zucchini

## BEANS

- Black
- Butter beans
- Cannellini
- Fava
- Garbanzo
- Kidney
- Lentils
- Lima
- Lupini
- Navy
- Peas
- Pinto
- Soybeans

## NUTS/SEEDS

- Almonds
- Brazil nuts
- Cashews
- Chia
- Coconut
- Flax
- Hazelnuts
- Hemp
- Macadamia
- Peanuts
- Pecans
- Pili nuts
- Pine nuts
- Pistachios
- Pumpkin
- Sesame
- Sunflower
- Walnuts