EATING on the WILDSIDE

2020 SHOPPING and PLANTING GUIDE

For optimum health, choose your fruits and vegetables from this list of exceptionally nutritious and delicious produce. Produce in the majenta font should be eaten as soon after harvest as possible for maximum flavor and health benefits. Ideally, plant these varieties in your garden or buy directly from a farmer.

VEGGIES

CABBAGE FAMILY
- Broccoli, green or purple
- Brussels sprouts
- Cabbage, red or green
- Cauliflower, white, green or purple
- Collard greens
- Kale, any variety
- Kohlrabi
- Mustard greens
- Savoy cabbage
- Turnips

GREENS
- Arugula
- Beet greens
- Kale
- Leaf lettuce, red or dark green
- Radicchio
- Spinach, bunch

DRIED PEAS AND BEANS
- Kidney beans
- Lentils, any variety
- Pinto beans
- Red beans
- Yellow peas

ONIONS AND GARLIC
- Bold-tasting (hot) onions
- Chives, onion or garlic
- Fresh garlic
- Leeks
- Red onions (bold, not mild varieties)
- Green onions
- Shallots, any variety

OTHER ROOT CROPS
- Beets, dark red
- Carrots, dark orange, red or purple

POTATOES
- Potatoes with blue, purple or red flesh

TOMATOES
- Dark-red cherry, grape, or currant
- Small to medium-sized, dark-red slicing tomatoes
- Orange-colored (not yellow)
- Black or purple
FRUITS

APPLES
Braeburn
Cortland
Jonathan
Fuji
Gala
Granny Smith
Liberty
Honeycrisp
Red Delicious

CITRUS FRUITS
Blood oranges
Cara Cara oranges
Clementines
Navel oranges
Red grapefruit
Tangelos (Honeybells)
Tangerines
Valencia oranges

BERRIES (FRESH OR FROZEN)
Blackberries
Blueberries
Boysenberries
Cranberries
Loganberries
Marionberries
Raspberries
Strawberries

GRAPES AND RAISINS
Black, red, or blue grapes
Currants (Zante)
Golden raisins
Muscat raisins
Raisins made from red grapes

MELONS
Dark-red watermelons
Orange honeydew

STONE FRUITS
Plums, purple, black, or red
White-fleshed peaches or nectarines
Bing cherries or other dark red cherries
Sour cherries

TROPICAL FRUITS
Golden pineapples
(may be labeled “extra-sweet”)
Mangoes
Mexican papayas (Maradols)
Red and “Baby” bananas

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For detailed information, recipes and more, read Jo Robinson’s Eating on the Wild Side: The Missing Link to Optimum Health, a New York Times bestseller.