

EATING *on the* WILDSIDE

SHOPPING and PLANTING GUIDE

For optimum health, choose your fruits and vegetables from this list of exceptionally nutritious and delicious produce. Produce in the **magenta 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

BERRIES (FRESH OR FROZEN)

Blackberries
Blueberries
Boysenberries
Cranberries
Loganberries
Marionberries
Raspberries
Strawberries

CITRUS FRUITS

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

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 (Maradol)
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.