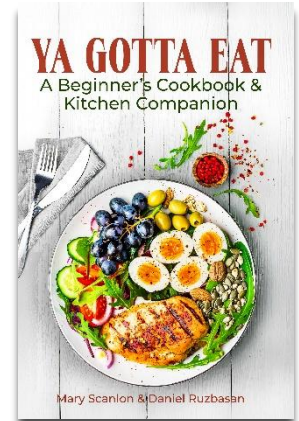


## Appendix A: Food Idea List: Who Could Possibly be Bored?

This list of foods reminds us of the wide variety of foods available to us. It is certainly not a complete list and we ask for your tolerance in our organization of the list.

You can print this list and use it as a checklist whenever you want to see how many different foods you have eaten in any particular time period. *Enjoy!*



Apples, so many varieties

Apricots, many varieties

Artichokes

Asparagus

Atemoya

Avocados

Bamboo shoots

Banana

Beans, adzuki, black, black-eyed peas, cannellini, chick peas, edamame, fava, great northern, green beans, kidney, lentils, lima, mung, navy, pea beans, pinto, soybeans, string beans, waxed

Beets

Berries, blackberries, blueberries, boysenberries, cherries, cranberries, elderberry, gooseberries, mulberries, raspberries, strawberries

Broccoli, broccoflower

Cabbage, green, napa, red, Brussels sprouts

Carambola aka star fruit

Carrots

Cauliflower

Celery

Coconut

Corn, hominy

Cottage Cheese

Cucumber

Dates, many varieties

Eggplant, many varieties

Feijoa

Fennel

Fiddleheads

Figs

Garlic

Grains, amaranth, barley, buckwheat, bulgur, farro, freekeh, Kamut, millet, oats, quinoa, spelt, wheat

Grapefruit

Grapes, green, red, other varieties

Greens, arugula, Belgian endive, Bok choy, collard greens, endive, escarole, iceberg, kale, romaine, spinach, Swiss chard

Guava

Herbs, basil, bay leaf, crushed red pepper, ginger, nutmeg, oregano, parsley, rosemary, sumac, thyme

Honey

Horseradish

Hummus

Jerusalem artichoke

Jicama

Kiwi

Kohlrabi  
Kumquats  
Lemongrass  
Lemons  
Limes  
Longan  
Loquat  
Lychee  
Malanga  
Mangos  
Melon, bitter melon, cantaloupe, casaba melon, honeydew, horned melon, muskmelon, watermelon  
Mushrooms, morels, portobello, white button, oyster, porcini, shitake, cremini, and many others  
Nettles  
Nuts, almonds, Brazil, cashew, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, walnuts  
Oils, avocado, coconut, olive, sesame, walnut  
Okra  
Onions, green, leeks, red, shallots, scallions, spring, sweet  
Oranges, blood oranges, mandarin, navel, nectarines, tangerines, Valencia  
Papayas  
Parsnips  
Passion fruit  
Peaches  
Pears, many varieties  
Peas  
Peppers, green, red, yellow, orange  
Persimmons  
Pineapple  
Plantains

Plums  
Pomegranate  
Potatoes, Boniato, red, sweet, white, yellow  
Prunes  
Pummelo  
Quinces  
Radicchio  
Radishes  
Raisins  
Rapini  
Rice, black, brown, red, white, wild  
Rutabaga  
Salsify  
Sapote  
Sauerkraut and other 'Kraut varieties  
Seeds, black cumin, chia, flax, poppy, psyllium, pumpkin, sesame, sunflower  
Spices, black pepper, chili pepper, cinnamon, cloves, coriander, cumin, turmeric, vanilla  
Sprouts, many types  
Squash, acorn, butternut, honeynut, pumpkin, spaghetti, summer, winter, yellow, zucchini  
Tahini  
Tangelo  
Tomatillos  
Tomatoes  
Turnips  
Ugli Fruit  
Vinegars  
Water Chestnuts  
Watercress  
Yuca/Cassa

