desiccated coconut boiled apple durian
cashew roasted flour apricots currants
full prune
type fat orange
acorn dry raw dried nuts oil kernels squash peaches raisins plantains juice
black
defatted grapefruit
butter seeds peeled puree avocados breadfruit
mixed dates
acorns pineapple guavas pears

coriander lambsquarters lotus campbells tannier pancakes
butterbur
parsley chicory mustard
gourd pigeonpeas chard lima mountain cornsalad balsampear
jute root chrysanthemum tomato bitter
epazote edamame beans soybeans
amaranth fennel
bean pods kale spinach taro potatoes mushrooms borage blackeyes pumpkin
products potato
purslane yam leaves squash beet drumstick
grass arrowroot greens
yautia
pepeao shoots succotash ginger arrowhead lemon cowpeas sweet cress bamboo cilantro waterchestnuts
citronella
winged jerusalemartichokes cabbage vinespinach tuber