

THE BIG PLANT LIST

There are loads of accessible, affordable plants, fresh and dried, frozen and tinned, pickled and even fermented, sitting on the shelves of a shop not far from you. Right now, you are probably only taking home a fraction of that rich bounty – but this can and will change! Next time you shop, consult the big plant list before you go. There are over 200 plants in all, so plenty to choose from to comfortably get 30 in every week, whatever the season.

LEAFY GREENS

- Cabbage
- Kale
- Spinach
- Arugula
- Endive
- Watercress
- Sprouts
- Swiss chard
- Mustard greens
- Radicchio
- Bak choi
- Brussel sprouts
- Broccoli
- Cauliflower
- Asparagus
- Broccolini
- Lettuces
- Pea shoots
- Sorrel



ROOTS

- Carrots
- Beetroot
- Parsnips
- Rutabaga
- Turnips
- Taro
- Daikon
- Jerusalem artichokes
- Kohlrabi
- Radishes
- White/Sweet Potatoes



ALLIUMS

- Onions
- Red onions
- Spring onions
- Garlic
- Leeks
- Chives

CRUNCHY STEMS AND LEAVES

- Celery
- Fennel
- Bok Choy
- Lemongrass
- Asparagus
- Chicory
- Radicchio

THREE SISTERS

- Green beans
- Runner beans
- Pea pod
- Broad beans
- Chickpeas
- Cannellini beans
- Black beans
- Red kidney beans
- Borlotti beans
- Pinto beans
- Carlin peas
- Black-eyed beans
- Mung beans
- Aduki beans
- Okra
- Peas
- Snow peas
- Snap peas
- Edamame
- Red/Green/Brown lentils
- Yellow split peas
- Sweetcorn
- Cucumber
- Zucchini
- Pumpkin
- Squashes
- Eggplant
- Tomatoes
- Green/yellow/red/orange peppers
- Red/green chillies



FRUIT

- Blueberries
- Strawberries
- Raspberries
- Black/Red/White currants
- Gooseberries
- Rhubarb
- Peaches
- Nectarines
- Melon
- Watermelon
- Apricots
- Figs
- Kiwi
- Mango
- Pomegranate
- Avocado
- Apples
- Pears
- Plums
- Bananas
- Plantains
- Grapes
- Cherries
- Lemons
- Oranges
- Clementines
- Limes
- Grapefruit
- Papaya
- Passion fruit
- Pineapple



NUTS

- Pine nuts
- Cashews
- Chestnuts
- Pistachios
- Peanuts
- Hazelnuts
- Walnuts
- Almonds
- Pecans
- Brazil nuts



SEEDS AND SPICES

- Sesame
- Poppy
- Flax
- Chia
- Hemp
- Pumpkin
- Sunflower
- Black pepper
- Cumin
- Coriander
- Caraway
- Chili flakes
- Paprika
- Fennel seeds
- Nutmeg
- Allspice
- Cardamom
- Cinnamon
- Turmeric
- Ginger
- Pumpkin



MUSHROOMS

- Button
- Portobello
- Oyster
- Shiitake
- Wild mushrooms



PRESERVED

- Olives
- Capers
- Gherkins
- Pickled onions
- Pickled beetroot
- Artichoke hearts

HERBS

- Parsley
- Mint
- Ginger
- Chives
- Coriander
- Basil
- Dill
- Tarragon
- Rosemary
- Thyme
- Bay leaves
- Oregano
- Sage
- Chamomile



SHORE VEGS

- Nori sheets
- Sea lettuce
- Dulse
- Kelp
- Seaweed

DRIED FRUITS

- Raisins
- Currants
- Apricots
- Prunes
- Dates
- Figs
- Cranberries
- Goji
- Sun-dried tomatoes

WHOLE GRAINS

- Wheat
- Oats
- Barley
- Spelt
- Rye
- Brown/wild rice
- Quinoa
- Cornmeal
- Buckwheat
- Bulgar wheat



OILS

- Olive
- Coconut
- Almond
- Sunflower
- Sesame
- Walnut
- Hemp

STIMULANTS

- Coffee
- Black/Green tea
- Dark chocolate
- Cacao

