

NAME of boat:	
Quantity	List of Vegetables
	Iceberg lettuce
	Green leaf lettuce
	Red leaf lettuce
	Romaine lettuce
	Endives (rarely)
	Carrots
	Baby carrots
	Radishes
	Celery
	Zucchini (most times)
	Butternut squash
	Spaghetti squash
	Acorn squash
	Red bell peppers
	Green bell peppers
	Yellow bell peppers
	Orange bell peppers
	Jalepeno peppers
	Breadfruit (local vegetable)
	Green Beans (local)
	Peas (local)
	Sugar snaps
	Snow Peas
	Eggplant

	Broccoli
	Cauliflower
	Broccoflower
	Artichoke (Sometimes)
	Fennel
	Mushrooms (button & portabella)
	Alfalfa sprouts (sometimes)
	Brussels sprouts (sometimes)
	Lady fingers (Okra) (seasonal)
	Spinach & baby spinach (baby rarely)
	Calaloo (local leafy vegetable, like spinach, but not as bitter)
	Parsnips
	Beetroot
	Shallots
	Onions (various types - yellow, white & red)
	Pearl onions
	Scallions
	Leeks
	Garlic
	Turnip
	Ginger
	Asparagus (most times)
	Cucumbers
	European cucumbers (very rarely)
	Corn (rarely)
	Pumpkin
	Potatoes (various types, eg Idaho, baking, creamer, Irish)

	Sweet potatoes
	Cabbage (red and white)
Quantity	List Of Fruit
	Apples (various types)
	Cranberries (rarely)
	Strawberries (most times)
	Blueberries (most times)
	Cherries (local & imported – both rare)
	Raisins
	Currants (sometimes)
	Kiwi
	Cantaloupe
	Watermelon
	Honeydew melon
	Coconut
	Pears
	Apricots (sometimes)
	Prunes (sometimes)
	Figs (sometimes)
	Oranges (seasonal)
	Grapefruit (seasonal)
	Limes (seasonal)
	Lemons (not the yellow, American kind) (seasonal)
	Mandarines (seasonal)
	Tangerines (very rarely)
	Pineapple (seasonal)
	Papaya

	Carambola (Star fruit) (seasonal)
	Passion fruit (seasonal)
	Plums (local & imported – imported most times)
	Peaches (sometimes)
	Nectarines (sometimes)
	Mangoes (seasonal)
	Bananas
	Plantain bananas
	Guava (seasonal)
	Tomatoes; regular and cherry tomatoes
	Grapes (seedless and with seeds; black or green)
	Avocadoes (seasonal)
Quantity	List of Herbs
	Basil (Sweet or Thai)
	Chive
	Thyme
	Shaddow Benny (local cilantro-like herb)
	Cilantro
	Parsley (curly or flat--leaf)
	Mint
	Oregano
	Rosemary
	Sage
	Rocket / Arugula
	Marjoram
	Tarragon
	Bay leaves

