

30 Plants Challenge

Fruits

- Apple
- Apricot
- Avocado
- Banana
- Blackberries
- Blueberries
- Cherries
- Coconut
- Dates
- Figs
- Grapefruit
- Grapes/raisins
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Orange
- Olives
- Papaya
- Peach
- Pear
- Pineapple
- Plum/prunes
- Pomegranate
- Raspberries
- Rhubarb
- Strawberries
- Tangerine
- Tomato
- Watermelon

Vegetables

- Artichoke
- Arugula
- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Courgette
- Cucumber
- Eggplant
- Fennel
- Green beans
- Garlic
- Ginger
- Kale
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Peas
- Peppers
- Pumpkin
- Radishes
- Spinach
- Squash
- Sweet potato
- Turnips
- Watercress
- White potato

Beans and Legumes

- Black beans
- Broad Beans
- Butter beans
- Cannellini beans
- Chickpeas
- Kidney beans
- Lentils
- Lima
- Mung beans
- Peanuts
- Pinto beans
- Soy (edamame/tofu)
- Split peas

Nuts and Seeds

- Almonds
- Brazil nuts
- Cashews
- Chestnut
- Chia seeds
- Coconut
- Flax seeds
- Hazelnuts
- Hemp
- Macadamia
- Pumpkin seeds
- Pine nuts
- Pecans
- Pistachios
- Sunflower
- Sesame
- Walnuts

Herbs and Spices

- Basil
- Cardamon
- Caraway
- Cayenne
- Chilli
- Chives
- Cinnamon
- Clove
- Cocoa
- Coriander
- Cumin
- Dill
- Lemongrass
- Matcha
- Mint
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Sage
- Saffron
- Thyme
- Turmeric

Grains

- Amaranth
- Barley
- Brown rice
- Buckwheat
- Oats
- Quinoa
- Rye
- Spelt
- Teff
- Wholewheat
- Wild rice