

Commonly Eaten Vegetables in Five Subgroups that Grow in Ohio



Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content. The 2010 Dietary Guidelines for Americans recommends: eat more red, orange and dark green vegetables.

Make ½ your plate fruits & vegetables. The recommended cups of vegetables per week listed for each vegetable subgroup is based on a 2,000 calorie a day diet. For more nutrition information please visit www.ChooseMyPlate.gov.

Red & Orange Vegetables

acorn squash	butternut squash
carrots	hubbard squash
pumpkin	tomatoes
sweet potatoes	tomato juice
sweet peppers (red, orange)	

5 ½ cups a week

Dark Green Vegetables

bok choy	broccoli
collard greens	dark green leafy lettuce
kale	mesclun (mixed salad)
mustard greens	romaine lettuce
spinach	turnip greens
beet greens	

1 ½ cups a week

(dried) Beans & Peas

black beans	black-eyed peas (mature, dry)
kidney beans	lentils
navy beans	pinto beans
soy beans	split peas (dried)
white beans	garbanzo beans (chickpeas)

1 ½ cups a week

Starchy Vegetables

potatoes	green peas
green lima beans	corn
fresh field peas	
(aka cowpeas, crowder pea, black-eyed peas, Southern peas or frijole)	

5 cups a week

Other Vegetables

asparagus	beets (roots)	green peppers	iceberg (head) lettuce
Brussels sprouts	cabbage	mushrooms	okra
cauliflower	celery	onions	parsnips
cucumbers	eggplant	turnips	wax beans
			zucchini

4 cups a week

While all of these vegetables can grow in Ohio, they do require different growing conditions. Some are easier to find than others on local farms, gardens and for sale. Information compiled from www.ChooseMyPlate.gov by Patrice Powers-Barker, Extension Educator, Family and Consumer Sciences.

