

Veggie Roll Call!

As we grow, our tastebuds change & we may find we suddenly enjoy foods we just couldn't stand a short time ago. Keep track of what you've tried lately with this handy roll call list! Once you've filled it up- its time to start fresh! Rock on!



Vegetable type	Tried it?	Like it?	Eat in again?
artichoke			
asparagus			
broccoli			
beets			
cauliflower			
cabbage			
carrots			
sweet potatoes			
cucumber			
eggplant			
red bell pepper			
squash (any type)			
green beans			
zucchini			
green pepper			
mushroom			
radish			
sugar snap peas			
potato			
spinach			
tomato			
onion			
edamame			
hearts of palm			
bok choy			
okra			
kohlrabi			
avocado			
celery			
brussel sprouts			