

NAME of boat:	
Quantity	List of Vegetables
	Acorn Squash
	Artichoke
	Alfalfa sprouts (sometimes)
	Asparagus (most times)
	Asparagus Tips
	Avocado (seasonal)
	Baby Carrots
	Beetroot
	Breadfruit (local vegetable)
	Broccoflower
	Broccoli
	Brussel Sprouts (sometimes)
	Butternut Squash
	Cabbage (red and white)
	Calaloo (local leafy vegetable, like spinach but not as bitter)
	Carrots
	Cauliflower
	Celery
	Celery Hearts (sometimes)
	Collard (sometimes)
	Corn on the Cob (rarely)
	Cucumbers (local)
	Cucumbers- English (sometimes)
	Eggplant (Aubergine)
	Endives (very rarely)
	Fennel (sometimes)
	Garlic
	Ginger
	Green Beans (local)
	Green Bell Peppers
	Green Leaf Lettuce
	Hot Peppers
	Iceberg Lettuce
	Jalepeno peppers
	Lady fingers (Okra) (seasonal)

	Leeks
	Mushrooms (button, portabella, oyster, crimini and shitakke)
	Onions (various types - yellow, white red and pearl)
	Orange bell peppers
	Parsnips (sometimes)
	Pearl onions
	Peas (local)
	Potatoes (various types, eg Idaho, baking, creamer, Irish)
	Pumpkin
	Radishes
	Red peppers
	Rocket / arugula
	Romaine Lettuce
	Rutabaga /swede
	Scallions
	Seasoning Peppers
	Shallots
	Snow Peas
	Spaghetti Squash
	Spinach and baby spinach (baby rarely)
	Sugar snaps
	Sweet potatoes (white)
	Swiss Chard (rarely)
	Turnip Root
	Yellow bell peppers
	Yellow squash
	Zucchini (courgette)

Quantity	List Of Fruit
	Apples (various types)
	Apricots
	Bananas
	Blackberries (most times)
	Blueberries (most times)
	Cantaloupe
	Carambola (Star Fruit) (seasonal)
	Cherries (local and imported - both rare)
	Coconut

	Cranberries (rarely)
	Currants (sometimes)
	Figs (sometimes)
	Grapefruit (seasonal)
	Grapes (seedless and with seeds; black or green)
	Guava (seasonal)
	Honeydew Melon
	Kiwi
	Lemons (not the yellow American kind) (seasonal)
	Limes (seasonal)
	Mandarines (seasonal)
	Mangoes (seasonal)
	Nectarines (sometimes)
	Oranges (green not orange) (seasonal)
	Papaya
	Passion fruit (seasonal)
	Peaches (sometimes)
	Pears
	Pineapple (seasonal)
	Plantain bananas
	Plums (local and imported - imported most times)
	Pomegranate
	Prunes (sometimes)
	Raisins
	Raspberries (most times)
	Strawberries (most times)
	Tangerines (very rarely)
	Tomatoes; regular and cherry tomatoes
	Watermelon
Quantity	List of Herbs
	Basil (Sweet or Thai)
	Bay Leaves
	Chive
	Cilantro
	Marjoram
	Mint
	Oregano

	Parsley
	Rosemary
	Sage
	Shaddow Benny (local Cilantro-like herb)
	Tarragon
	Thyme