

NAME of boat:	
Quantity	List of Vegetables
	Artichoke
	Alfalfa sprouts (sometimes)
	Asparagus green (most times)
	Asparagus, white (sometimes)
	Avocado
	Beans (local string beans & bodie beans)
	Beetroot, red
	Bok choy
	Breadfruit (local vegetable)
	Broccoflower
	Broccoli
	Broccolini (sometimes)
	Brussel Sprouts
	Cabbage (red and white)
	Calaloo (local leafy vegetable, like spinach but not as bitter)
	Carrots
	Carrots, baby (not on the stalk)
	Cauliflower
	Celery
	Celery Hearts (sometimes)
	Collard greens
	Corn on the Cob (rarely)
	Cucumbers (local)
	Cucumbers- English
	Eggplant (Aubergine)
	Endives (very rarely)
	Fennel (sometimes)
	Garlic
	Garlic, peeled (sometimes)
	Ginger
	Kale
	Leeks
	Lettuce, green leaf
	Lettuce, red leaf (very rare)
	Lettuce, iceberg
	Lettuce, Romaine
	Lettuce, Romaine hearts (sometimes)
	Lettuce, Baby gem (sometimes)

	Mushrooms (button, portabella, oyster, crimini and shitakke)
	Okra (seasonal)
	Onions (various types - yellow, white, red, pearl, shallots)
	Parsnips
	Peas (West Indian pigeon peas)
	Peppers, Bell - green, red, orange & yellow
	Peppers, Jalapeño
	Peppers, hot
	Peppers, seasoning (West Indian pepper - not hot)
	Potatoes (various types, eg Idaho, baking, creamer, Irish, red, purple, Russet)
	Pumpkin
	Radishes, red
	Rocket / arugula
	Rocket + wild rocket + coloured lettuce + Bok Choi + Amaranth - Mixed Leaves (sometimes)
	Rutabaga /swede
	Scallions
	Snow Peas
	Squash (Spaghetti, butternut, acorn, yellow)
	Spinach and baby spinach
	Sprouts (alfalfa - most times; bean - sometimes)
	Sugar snaps
	Sweet potatoes (local, white)
	Turnip Root / rutabaga / swede
	Zucchini (courgette), yellow (sometimes)
Quantity	List Of Fruit
	Apples (various types)
	Apricots (rarely)
	Bananas
	Blackberries (most times)
	Blueberries (most times)
	Cantaloupe
	Carambola (Star Fruit) (seasonal)
	Cherries (local - very rare; imported - sometimes)
	Clementines (sometimes)
	Coconuts
	Cranberries (rarely)
	Dragonfruit (sometimes)
	Figs (sometimes)
	Grapefruit (seasonal)
	Grapes (seedless and with seeds; black or green)
	Guava (seasonal)

	Honeydew Melon
	Kiwi
	Lemons (yellow American kind - sometimes; local - seasonal)
	Limes (seasonal)
	Mandarines (seasonal)
	Mangoes (seasonal)
	Nectarines
	Oranges (navel - sometimes; local - seasonal)
	Papaya
	Passion fruit (seasonal)
	Peaches (rarely)
	Pears (D'Anjou, Bartlett)
	Pineapple (seasonal)
	Plantain bananas
	Plums (local and imported - imported most times)
	Pomegranate
	Raspberries (most times)
	Strawberries (most times)
	Tangerines (very rarely)
	Tomatoes; local (mix of varieties) and cherry tomatoes
	Watermelon
Quantity	List of Herbs
	Basil (Sweet or Thai)
	Bay Leaves
	Chive
	Cilantro
	Dill
	Marjoram
	Mint
	Oregano
	Parsley
	Rosemary
	Sage
	Shaddow Benny (local Cilantro-like herb)
	Tarragon
	Thyme