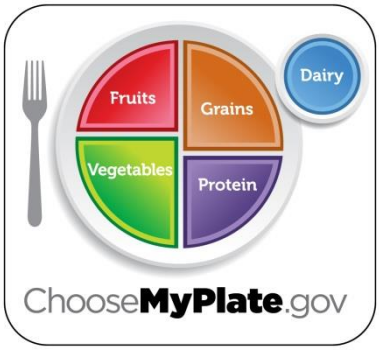
Commonly Eaten Vegetables in Five Subgroups that Grow in Ohio



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
green beans
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.

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.