

A TO Z VEGETABLES & PICTURES

A Clean Educational Guide to 26 Fresh Vegetables from A to Z



Artichoke

Earthy green globe vegetable with tender heart and crisp petals.



Broccoli

Nutrient-dense green tree-like florets rich in vitamins and fiber.



Carrot

Sweet, vibrant orange root vegetable packed with beta-carotene.



Daikon

Crisp, mild white radish widely used in Asian cuisine.



Eggplant

Glossy purple nightshade with a rich, silky texture when cooked.



Fennel

Aromatic bulb with delicate feathery fronds and a mild anise flavor.



Garlic

Pungent, essential aromatic bulb prized in global culinary arts.



Horseradish

Pungent root that delivers a sharp, invigorating spicy kick.



Iceberg Lettuce

Refreshing, ultra-crisp pale green lettuce head ideal for salads.



Jalapeño

Zesty green pepper offering the perfect touch of mild heat.



Kale

Superfood leaf dark green in color, packed with antioxidants.



Leek

Mild, sweet onion cousin with long layered green stalks.



Mushroom

Savoury umami-rich fungi perfect for roasting and sautéing.



Napa Cabbage

Tender oblong Asian cabbage with sweet, crunchy leaves.



Onion

Essential savory bulb forming the flavor foundation of dishes.



Pumpkin

Hearty, sweet orange squash perfect for soups, pies, and roasting.



Quinoa Greens

Nutritious tender leaves harvested from the young quinoa plant.



Radish

Peppery red root with a satisfyingly crisp and juicy bite.



Spinach

Vibrant dark leafy green packed with essential iron and vitamins.



Tomato

Juicy, rich red garden produce versatile in raw and cooked meals.



Ulluco

Bright, colorful Andean tuber with a smooth texture and nutty taste.



Vidalia Onion

Exceptionally sweet, mild onion variety with a delicate crunch.



Watercress

Peppery, aquatic green leaf loaded with vital minerals.



Xanthosoma

Starchy tropical root crop popular in traditional cuisines.



Yam

Nutritious, hearty root rich in fiber and complex carbohydrates.



Zucchini

Tender summer squash with versatile culinary applications.