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This post contains affiliate links.From asparagus to zucchini, were covering the most popular types of veggies from A to Z in this helpful list of vegetables! There are numerous types of vegetables, each with its own unique use and health properties. Explore them all in this comprehensive guide! Hey there, veggie aficionados and curious foodies! Get ready to take a fun-filled stroll down veggie lane with our ultimate guide vegetables! Were talking everything from the everyday heroes of your salad bowl to the quirky characters you might not have met yet. Whether youre a broccoli enthusiast or a curious cauliflower connoisseur, this veggie extravaganza will have you exploring the colorful and flavorful world of plant-based goodness. Botanically speaking, a vegetable is anything that is not a reproductive part of a plant-derived from a flower. Our list from A to Z does contain many botanically classified fruits (looking at you, avocado and zucchini). What other vegetables are are technically fruits? Tomatoes, squash, pumpkins, eggplant, cucumbers, peppers, to name a few. But for the context of this article, were including any veggie that would be used like a veggie. These categories are not exhaustive, and some vegetables might fit into multiple classifications. Root Vegetables: These are plants whose edible parts grow underground. Examples include carrots, potatoes, beets, radishes, and turnips. Leafy Greens: Leafy vegetables are known for their tender leaves and high nutrient content. Spinach, kale, lettuce, and Swiss chard fall into this category. Cruciferous Vegetables: These vegetables belong to the Brassicaceae family and are known for their cross-shaped flowers. Broccoli, cauliflower, Brussels sprouts, and cabbage are cruciferous veggies. Allium Vegetables: Alliums have a distinctive aroma and include garlic, onions, leeks, and shallots. Podded Vegetables: These are vegetables enclosed in a pod or shell. Examples are peas, beans, and lentils. Stem Vegetables: Stem vegetables are plants whose edible parts are stems or stalks. Asparagus and celery are common examples. Here is our A-Z list of vegetables. We havent included every vegetable on the planet (that would be a huge list), but this is enough to give you some delicious and healthy inspiration! Acorn Squash Alfalfa Sprouts All Blue Potato Amaranth Ambercup Squash Anise Artichoke Arugula Ash Gourd Asparagus Avocado Adzuki Bean Ahipa Aonori Arame Arikara Squash Arrowroot Asian Greens Ash Gourd Azuki Bean Baby Boo Pumpkin Bamboo Shoot Banana Pepper Banana Squash Basil Bean Sprout Beet Belgian Endive Bell Pepper Bintje Potato Bitter Melon Black Bean Black-Eyed Pea Black Radish Black Salsify Bok Choy Boniato Borage Borlotti Bean Boston Morrow Squash Broad Beans Broad-Leaf Arrowhead Broccoflower Broccoli Broccolini Brussels Sprout Burdock Root Butterhead Lettuce Butter Bean Butternut Squash Cabbage Cannellini Bean Caraway Carnival Squash Carrot Cauliflower Cayenne Pepper Celeriac Celery Chamomile Chard Cheddar Cauliflower Cherry Pepper Chickpeas Chili Pepper Chives Collard Greens Coriander Corms Corn Cucumber Cymbopogon Daikon Delicata Dickinson Pumpkin Dill We also published the comprehensive to guide Vegetables That Start With F where we provide photos, recipes, origins, and more on all of these. Fat Hen Fava Bean Fayot Bean Fennel Fiddlehead Field Cucumber Fiorentino Tomato Flat Beans Flat Italian Onion Flat White Boer Pumpkin Flint Corn Fluted Pumpkin French Bean French Sorrel Frise Futsu Squash Garlic Gem Squash German Butterball Potato Gigante Bean Ginger Gold rush Squash Great Northern Bean Green Bean Habanero Pepper Honey Bear Squash Honeynut Squash Hot Pepper Hubbard Squash Jalapeo Japanese Sweet Potato Jerusalem Artichoke Jicama Kale Kelp Kidney Bean Kohlrabi Konjac Lavender Leek Lentil Lettuce Lima bean Lumina Pumpkin Malanga Mallow Mangelwurzel Mangetout Marjoram Miners Lettuce Molokhia Morels Mung Bean Mushroom Mustard Greens Navy Bean Nettle New Potato New Zealand Spinach Oak Leaf Lettuce Okra Onion Orange Bell Pepper Orange Tomato Oregano Paprika Parsnip Pattypan Squash Pea Peanut Pepper Peruvian Purple Potato Pie Pumpkin Pinto Bean Potato Purple Asparagus Purple Bell Pepper Purple Brussels Sprout Purple Cabbage Purple Carrot Purple Cauliflower Purple Corn Purple Kale Purple Lettuce Purple Majesty Potato Purple Radish Purple String Bean Purple Tomato Radicchio Radish Red Bell Pepper Red Bliss Potato Red Cabbage Red Carrot Red Gold Potato Red Kuri Squash Red Onion Red Russian Kale Red Warty Thing Squash Red Wing Onion Rhubarb Rosemary Runner Bean Russian Banana Potato Rutabaga Salsify Savoy Cabbage Scallion Shallot Skirret Snap Pea Soybean Spaghetti Squash Spinach Split Pea Squash Stokes Purple Sweet Potato Sweet Corn Sweet Potato Tabasco Pepper Taro Tat Soi Thyme Tomatillo Tomato Topinambur Torpedo Onion Turnip Ube Udupi Mattu Gulla Eggplant. Ulluco Upland Cress Urad Bean Velvet Bean Vidalia Onion Vivaldi Potato Vitelotte Potato Wasabi Water Chestnut Watercress Wax Bean White 7 Pot Pepper White Asparagus White Bell Pepper White CornXi Lan Hua Xi Yang Ca X Lch Xanthosoma Sagittifolium Xanthosoma Brasiliense Yam Yellow Onion Yellow Summer Squash Yellow Tomato Yukon Gold Potato Eat the colors of the rainbow with these lists of veggies organized by color. Need some red veggie ideas for a 4th of July or Christmas veggie tray? Look no further. We provide a lot more information and photos of these in our Comprehensive Guide to Red Vegetables. Amaranth Beet Red Carrot Cayenne Pepper Cherry Pepper Kidney Bean Oak Leaf Lettuce Radicchio Radish Red Bell Pepper Red Bliss Potato Red Cabbage Red Gold Potato Red Russian Kale Red Kuri Squash Red Onions Red Warty Thing Squash Rhubarb Tomato If you are planning a Halloween Veggie Tray or just want to add a splay of color to your culinary presentation, orange veggies are a great option. If you want to know more about each of these orange veggies, check out our Comprehensive Guide to Orange Vegetables. Ambercup Squash Carrot Cheddar Cauliflower Habanero Pepper Honey Bear Squash Hubbard Squash Honeynut Squash Jack-O-Lantern Pumpkin Orange Bell Pepper Orange Tomato Pie Pumpkins Red Kuri Squash Sweet Potato Yam Looking to add a splash of yellow to your cooking or veggie tray? We have you covered, and if you want to know more about all of these, or perhaps looking for a recipe for some of the most popular, we have that too. Go to Yellow Vegetables. Acorn Squash Banana Pepper Banana Squash Bell Pepper Bintje Potato Butternut Squash Corn Dickinson Pumpkin Frisee German Butterball Potato Gold Rush Squash Japanese Sweet Potato Kennebec Potato Pattypan Squash Yellow Tomato Russian Banana Potato Spaghetti Squash Wax Bean Yellow Onion Yellow Summer Squash Yukon Gold Potato Zephyr Squash Cant get your kids to eat their veggies? Try adding a touch of Purple, and if you want to know a lot more (or want a photo of each) go to our Purple Vegetable Guide. All Blue Potato Eggplant Hubbard Squash Peruvian Purple Potato Purple Asparagus Purple Bell Pepper Purple Brussels Sprout Purple Cabbage Purple Carrot Purple Cauliflower Purple Corn Purple Kale Purple Lettuce Purple Majesty Potato Purple Radish Purple String Bean Purple Tomato Radicchio Red Wing Onion Stokes Purple Sweet Potato Torpedo Onion Turnip Vitelotte Potato Looking for a unique veggie for a 4th of July veggie tray, or just something different? Here is a good list of white veggies. For much more on each of these check out our Complete Guide to White Vegetables. Baby Boo Pumpkin Cannellini Bean Carnival Squash Cauliflower Fayot Bean Gigante Bean Great Northern Bean Kohlrabi Lumina Pumpkin Mushroom Onion Parsnip Potato Soybean Turnip White 7 Pot Pepper White Asparagus White Bell Pepper White Corn Eating by season? These lists of veggies are organized by when each vegetable is in season. If you are looking for vegetables that are at their best (and most available) in the Spring, peruse our list of the worlds favorite spring veggies. For recipes, photos, and origin of each go to our Spring Vegetable Guide. Artichoke Arugula Asparagus Avocado Basil Broccoli Cabbage Carrot Chives Collard Greens Fava Bean Garlic Leeks Mushroom Parsley Peas Radish Rhubarb Spinach Turnips Watercress Need some ideas for veggies at their peak in the summer? This list may help. For information on when they are at their peak, some of our favorite summer veggie recipes, and a bit more check out The Ultimate Guide to Summer Vegetables. Avocado Basil Bell Pepper Broccoli Carrot Celery Corn Cucumber Eggplant Snap Pea Green Bean Hot Pepper Mushroom New Potato Okra Radish Rhubarb Tomatillo Tomato Yellow Squash Zucchinivegetable, in the broadest sense, any kind of plant life or plant product, namely vegetable matter; in common, narrow usage, the term vegetable usually refers to the fresh edible portions of certain herbaceous plantsroots, stems, leaves, flowers, fruit, or seeds. These plant parts are either eaten fresh or prepared in a number of ways, usually as a savory, rather than sweet, dish.A brief treatment of vegetables and vegetable farming follows. For in-depth treatment of vegetable cultivation, see vegetable farming. For treatment of the nutrient composition and processing of vegetables, see vegetable processing.potatoesVariety of potatoes (Solanum tuberosum).Virtually all of the more important vegetables were cultivated among the ancient civilizations of either the Old or the New World and have long been noted for their nutritional importance. Most fresh vegetables are low in calories and have a water content in excess of 70 percent, with only about 3.5 percent protein and less than 1 percent fat. Vegetables are good sources of minerals, especially calcium and iron, and vitamins, principally A and C. Nearly all vegetables are rich in dietary fibre and antioxidants. Fruit or Vegetable? A Quiz Vegetables are usually classified on the basis of the part of the plant that is used for food. The root vegetables include beets, carrots, radishes, sweet potatoes, and turnips. Stem vegetables include asparagus and kohlrabi. Among the edible tubers, or underground stems, are potatoes. The leaf and leafstalk vegetables include brussels sprouts, cabbage, celery, lettuce, rhubarb, and spinach. Among the bulb vegetables are garlic, leeks, and onions. The head, or flower, vegetables include artichokes, broccoli, and cauliflower. The fruits commonly considered vegetables by virtue of their use include cucumbers, eggplant, okra, sweet corn, squash, peppers, and tomatoes. Seed vegetables are usually legumes, such as peas and beans.Modern vegetable farming ranges from small-scale production for local sale to vast commercial operations utilizing the latest advances in automation and technology. In addition, vegetables can be grown conventionally or using organic farming methods. Most vegetables are planted by seeding in the fields where they are to be grown, but occasionally they are germinated in a nursery or greenhouse and transplanted as seedlings to the field. During the growing season synthetic or organic herbicides, pesticides, and fungicides are commonly used to inhibit damage by weeds, insects, and diseases, respectively. Depending on the crop, harvesting operations are usually mechanized in well-developed countries, but the practice of harvesting by hand is still employed in some areas or is used in conjunction with machine operations. Another concern of the vegetable farmer is postharvest storage, which may require refrigerated facilities.Vegetables may be washed, sorted, graded, cut, and packaged for sale as fresh products. Fresh vegetables are subject to quick aging and spoilage, but their storage life can be extended by such preservation processes as dehydration, canning, freezing, fermenting, or pickling. Learning the vegetables names in English is an important thing for all English Learners and Students. Vegetables are a key part of our meals and are very good for our health. They come in many types, colors, and flavors. Some Common Vegetables Names are, Carrot, Broccoli, Cauliflower, Zucchini, Cabbage, Asparagus, Artichoke, Beetroot, and Bell pepper. In this article, I have covered 80 Vegetables Names in English and their Pictures. Each vegetable brings its own taste and benefits, making our meals not just tasty but also healthy. All are given, lets learn 80 Vegetables Names in EnglishSpinachCarrotBroccoliCauliflowerZucchiniCabbageAsparagusArtichokeBeetrootBell pepperBrussels sproutsCeleryChardChayoteCollard greensCucumberEggplantFennelGreen beanKale80 Vegetables Names and their PicturesSpinach:Dark green leaves packed with vitamins, commonly used in salads, smoothies, or as a cooked side for its earthy flavor and nutrition.Carrot:Bright orange root vegetable, enjoyed raw in salads or cooked in soups and stews; known for its crunch and sweetness.Broccoli:Green, tree-like florets that add texture and fiber to meals; often steamed or stir-fried for a mild, fresh taste.Cauliflower:Pale, creamy vegetable thats great roasted, mashed, or used as a low-carb rice alternative; has a subtle, nutty flavor.Zucchini:Soft green vegetable, often sauted, grilled, or spiralized into noodles for its mild taste and versatility.Cabbage:Known for its crunch and vitamin content, this leafy vegetable can be either light or dark green and is eaten raw in salads or cooked in soups and stir-fries.Asparagus:Slim green stalks with a unique flavor, often grilled or steamed; popular in side dishes and full of nutrients.Artichoke:Green, layered flower bud with tender leaves, often steamed or used in dips; valued for its antioxidants and fiber.Beetroot:Deep red-purple root with a sweet, earthy flavor, often roasted, juiced, or added to salads for a boost of iron.Bell Pepper:Vibrant in colors like red, yellow, and green, this crisp vegetable is used raw in salads or cooked in stir-fries for its sweet, juicy taste.Brussels Sprouts:Small green buds with a cabbage-like flavor, typically roasted or steamed for a rich, slightly nutty taste.Celery:Pale green, crunchy stalks often enjoyed raw as a snack or added to soups and stews for a fresh, mild flavor.Chard:Dark green leaves with bright red or yellow stems, commonly used in sauts and salads for a slightly bitter taste.Chayote:Light green squash with a mild, crisp flavor, often eaten raw or in stews for its refreshing taste and fiber.Collard Greens:Large dark green leaves with a robust flavor, often boiled or sauted for side dishes rich in calcium.Cucumber:It is common to combine dark green leaves with bright red or yellow stems to add a touch of bitterness to sauts and salads.Eggplant:Deep purple skin with soft, spongy flesh inside, often roasted or grilled for its rich, savory taste in dishes.Fennel:Pale green bulb with feathery leaves, offering a slight anise flavor; often used raw in salads or cooked in soups for freshness.Green Bean:Slim green pods with a mild taste, typically steamed or sauted and enjoyed for their crunchy texture.Kale:Dark green leafy vegetable with a tough texture, commonly used in salads, smoothies, or baked as chips for its rich nutrients.Vegetables Names and in EnglishVegetables Names in EnglishKohlrabiLeekLettuceOkraOnionParsnipPeaPotatoPumpkinRadishRutabagaScallionShallotSweet potatoTomatoTurnipWatercressYamArugulaBok choy50vegetablesname and Pictures Kohlrabi:Crisp vegetable with a light green or purple skin and white inside; enjoyed raw or cooked, adding a sweet, mild flavor to salads or stir-fries.Leek:Long, green stalks with white bases; used for its mild onion flavor in soups, stews, or as a seasoning.Lettuce:Light or dark green leafy vegetable with a crisp texture; commonly used in salads and sandwiches for freshness and hydration.Okra:Green, slender pods with tiny seeds inside, often added to soups, stews, or fried for its unique texture.Onion:Layered vegetable with white, yellow, or red skin; brings a sharp, pungent flavor to countless dishes when raw, sauted, or caramelized.Parsnip:Pale beige root vegetable similar in shape to carrots, used in soups, stews, or roasted for its sweet, nutty flavor.Pea:Small, round green seeds, enjoyed fresh, steamed, or in soups; known for their mild sweetness and high fiber.Potato:Brown, red, or yellow skin with white or yellow flesh; a staple ingredient that can be baked, mashed, or fried for its versatility and mild taste.Pumpkin:Large orange squash with soft flesh, often roasted, pureed, or used in soups and pies for its naturally sweet flavor.Radish:Small round or oblong root with red or white skin and a peppery taste; often sliced in salads for a crisp bite.Rutabaga:A sweet, earthy root vegetable with purple and beige skins, its frequently roasted or mashed for filling meals.Scallion:Slim green stalks with white bottoms, used raw in salads or as a garnish for its mild onion flavor.Shallot:Small, brownish or reddish bulbs with a mild, sweet onion flavor, ideal for salads, dressings, and sauces.Sweet Potato:Orange or purple-skinned root with orange flesh, commonly baked, mashed, or roasted for its natural sweetness and high nutrients.Tomato:Red, yellow, or orange juicy fruit often used in salads, sauces, and sandwiches, adding a bright, tangy flavor.Turnip:White and purple-skinned root with a peppery taste, typically boiled, mashed, or roasted in savory dishes.Watercress:Small, green leafy vegetable with a peppery flavor, commonly added to salads or sandwiches for a fresh, zesty touch.Yam:Brown-skinned with orange or purple flesh, similar to sweet potatoes but starchier; often baked or roasted for a rich taste.Arugula:Dark green leaves with a peppery flavor, used in salads and as a garnish for a bold taste and crunch.Bok Choy:Green leafy vegetable with thick white stalks, often used in stir-fries or soups for a mild, slightly sweet taste and crunch.Useful Names of Vegetables50+Vegetables names list in EnglishEndiveJicamaMustard greensNapa cabbageRadicchioRocketSorrelTatsoiWater spinachYellow squashBamboo shootsBitter melonButternut squashCeleriacChinese broccoliDaikonGarlicGingerJerusalem artichokeMung bean sproutsVegetables name and their PicturesEndive:Crisp green and white leafy vegetable with a slightly bitter taste; great in salads or as a crunchy snack.Jicama:Brown-skinned root with a white, juicy interior; adds crunch and a mild sweetness to salads or can be eaten raw.Mustard Greens:Dark green leaves with a peppery bite, often used in salads or cooked for their spicy flavor and health benefits.Napa Cabbage:Light green, tender leaves with a mild taste, commonly used in salads, stir-fries, or kimchi for its crunch.Radicchio:Red and white leafy vegetable with a slightly bitter flavor, often used in salads to add color and depth.Rocket:Small dark green leaves with a peppery taste, used in salads or as a garnish for a fresh, sharp flavor.Sorrel:Bright green leaves with a tangy, lemon-like flavor, perfect for adding a sour kick to salads or soups.Tatsoi:Small, spoon-shaped dark green leaves with a mild mustard flavor, often used in salads or stir-fries.Water Spinach: Long green leaves with hollow stems, popular in stir-fries or soups for its mild flavor and tender texture.Yellow Squash:Bright yellow, tender-skinned vegetable with a mild flavor, used in sauts, grilling, or casseroles.Bamboo Shoots:Light-colored, crisp shoots from young bamboo; often sliced into stir-fries or soups for texture.Bitter Melon:Bumpy green vegetable with a bitter taste, commonly cooked in Asian dishes for its distinct flavor and health benefits.Butternut Squash:Creamy orange flesh with a sweet, nutty flavor, often roasted or pureed in soups for a rich taste.Celeriac:Rough, beige-skinned root with a mild celery flavor; used in soups, purees, or as a mash alternative.Chinese Broccoli:Dark green leaves with thick stems, often steamed or stir-fried for a slightly bitter, earthy flavor.Daikon:Long white radish with a mild, crisp taste, often shredded into salads or pickled in Asian cuisine.Garlic:Small, white bulb with a strong, pungent flavor, widely used as a seasoning in various dishes for its bold taste.Ginger:Light brown root with a spicy, warming flavor; grated or sliced in teas, marinades, or stir-fries.Jerusalem Artichoke:Brown-skinned tuber with white flesh and a nutty, slightly sweet taste; often roasted or pureed.Mung Bean Sprouts:Small white and yellow sprouts with a mild, fresh flavor, commonly added to salads and stir-fries.List of Vegetables names100 Vegetables name in EnglishPurslaneRampsSnap peaSnow peaSpring onionTaroTurmericWasabiWinter melonAcorn squashBanana pepperBlack-eyed peaBroad beanButter lettuceCassavaChicoryHorseradishLambs lettuceSwiss chardFiddlehead fernAll Vegetables Pictures with their namesPurslane:Small, thick green leaves with a slightly tangy taste, often added to salads or used as a garnish for a crisp texture.Ramps:Green, broad leaves with a white bulb, known for their mild onion and garlic flavor; used in soups, sauts, or as a seasoning.Snap Pea:Plump green pods that can be eaten whole, adding a sweet crunch to salads or stir-fries.Snow Pea:Flat green pods with a mild taste, enjoyed raw or quickly stir-fried for a light, fresh flavor.Spring Onion:Slim, green stalks with white bottoms; often used raw in salads or as a garnish for a mild, onion-like taste.Taro:Brown-skinned root with purple-flecked white flesh; has a starchy, mild flavor, often boiled or used in soups and desserts.Turmeric:Bright orange root with a warm, earthy taste, widely used as a spice in cooking and for its health benefits.Wasabi:Green root with a sharp, spicy flavor, often grated fresh to add a fiery kick to sushi and other dishes.Winter Melon:Large, green-skinned melon with pale flesh, commonly used in soups for its mild, cooling flavor.Acorn Squash:Dark green or orange with a sweet, nutty taste; usually roasted or baked for a rich flavor in savory dishes.Banana Pepper:Yellow, mild pepper often used fresh in salads or pickled to add a tangy, subtle spice.Black-Eyed Pea:Cream-colored with a black spot, commonly cooked in soups and stews, known for its earthy, hearty taste.Broad Bean:Light green beans often enjoyed fresh, steamed, or in stews for their creamy texture and slightly sweet flavor.Butter Lettuce:Soft, light green leaves with a mild, buttery flavor, perfect for salads or wraps.Cassava:Brown-skinned root with a firm, white interior; often boiled or fried, providing a starchy, mild flavor.Chicory:Dark green or red leafy vegetable with a slightly bitter taste, often used in salads or as a coffee substitute when roasted.Horseradish:White, firm root with a strong, spicy flavor; commonly grated as a condiment for its intense taste.Lambs Lettuce:Small, round green leaves with a delicate, slightly nutty flavor, used in salads for a mild, fresh taste.Swiss Chard:Green leaves with colorful stems in red or yellow, enjoyed sauted or in salads for its earthy, slightly bitter flavor.All Vegetables Names Learn Also: Vegetables and fruits are an important part of a healthy diet, and variety is as important as quantity. No single fruit or vegetable provides all of the nutrients you need to be healthy. Eat plenty every day. A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Eating non-starchy vegetables and fruits like apples, pears, and green leafy vegetables may even promote weight loss. [1] Their low glycemic loads prevent blood sugar spikes that can increase hunger. At least nine different families of fruits and vegetables exist, each with potentially hundreds of different plant compounds that are beneficial to health. Eat a variety of types and colors of produce in order to give your body the mix of nutrients it needs. This not only ensures a greater diversity of beneficial plant chemicals but also creates eye-appealing meals. Keep fruit where you can see it. Place several ready-to-eat washed whole fruits in a bowl or store chopped colorful fruits in a glass bowl in the refrigerator to tempt a sweet tooth. Explore the produce aisle and choose something new. Variety and color are key to a healthy diet. On most days, try to get at least one serving from each of the following categories: dark green leafy vegetables; yellow or orange fruits and vegetables; red fruits and vegetables; legumes (beans) and peas; and citrus fruits. Skip the potatoes. Choose other vegetables that are packed with different nutrients and more slowly digestedcarbohydrates. Make it a meal. Try cooking newrecipes that include more vegetables. Salads, soups, and stir-fries are just a few ideas for increasing the number of tasty vegetables in your meals. There is compelling evidence that a diet rich in fruits and vegetables can lower the risk of heart disease and stroke. A meta-analysis of cohort studies following 469,551 participants found that a higher intake of fruits and vegetables is associated with a reduced risk of death from cardiovascular disease, with an average reduction in risk of 4% for each additional serving per day of fruit and vegetables. [2] The largest and longest study to date, done as part of the Harvard-based Nurses Health Study and Health Professionals Follow-up Study, included almost 110,000 men and women whose health and dietary habits were followed for 14 years. The higher the average daily intake of fruits and vegetables, the lower the chances of developing cardiovascular disease. Compared with those in the lowest category of fruit and vegetable intake (less than 1.5 servings a day), those who averaged 8 or more servings a day were 30% less likely to have had a heart attack or stroke. [3] Although all fruits and vegetables likely contributed to this benefit, green leafy vegetables, such as lettuce, spinach, Swiss chard, and mustard greens, were most strongly associated with decreased risk of cardiovascular disease. Cruciferous vegetables such as broccoli, cauliflower, cabbage, Brussels sprouts, bok choy, and kale; and citrus fruits such as oranges, lemons, limes, and grapefruit (and their juices) also made important contributions. [3] When researchers combined findings from the Harvard studies with several other long-term studies in the U.S. and Europe, and looked at coronary heart disease and stroke separately, they found a similar protective effect: Individuals who ate more than 5 servings of fruits and vegetables per day had roughly a 20% lower risk of coronary heart disease [4] and stroke, [5] compared with individuals who ate less than 3 servings per day.TheDietary Approaches to Stop Hypertension (DASH) study [6] examined the effect on blood pressure of a diet that was rich in fruits, vegetables, and low-fat dairy products and that restricted the amount of saturated and total fat. The researchers found that people with high blood pressure who followed this diet reduced their systolic blood pressure (the upper number of a blood pressure reading) by about 11 mm Hg and their diastolic blood pressure (the lower number) by almost 6 mm Hgas much as medications can achieve. A randomized trial known as the Optimal Macronutrient Intake Trial for Heart Health (OmniHeart) showed that this fruit and vegetable-rich diet lowered blood pressure even more when some of the carbohydrate was replaced with healthy unsaturated fat or protein. [7] In 2014 a meta-analysis of clinical trials and observational studies found that consumption of a vegetarian diet was associated with lower blood pressure. [8] Numerous early studies revealed what appeared to be a strong link between eating fruits and vegetables and protection against cancer. Unlike case-control studies, cohort studies, which follow large groups of initially healthy individuals for years, generally provide more reliable information than case-control studies because they dont rely on information from the past. And, in general, data from cohort studies have not consistently shown that a diet rich in fruits and vegetables prevents cancer. For example, over a 14-year period in the Nurses Health Study and the Health Professionals Follow-up Study, men and women with the highest intake of fruits and vegetables (8+ servings a day) were just as likely to have developed cancer as those who ate the fewest daily servings (under 1.5). [3] A meta-analysis of cohort studies found that a higher fruit and vegetable intake did not decrease the risk of deaths from cancer. [2] A more likely possibility is that some types of fruits and vegetables may protect against certain cancers. A study by Farvid and colleagues followed a Nurses Health Study II cohort of 90,476 premenopausal women for 22 years and found that those who ate the most fruit during adolescence (about 3 servings a day) compared with those who ate the lowest intakes (0.5 servings a day) had a 25% lower risk of developing breast cancer. There was a significant reduction in breast cancer in women who had eaten higher intakes of apples, bananas, grapes, and corn during adolescence, and oranges and kale during early adulthood. No protection was found from drinking fruit juices at younger ages. [9] Farvid and colleagues followed 90, 534 premenopausal women from the Nurses Health Study II over 20 years and found that higher fiber intakes during adolescence and early adulthood were associated with a reduced risk of breast cancer later in life. When comparing the highest and lowest fiber intakes from fruits and vegetables, women with the highest fruit fiber intake had a 12% reduced risk of breast cancer; those with the highest vegetable fiber intake had an 11% reduced risk. [10] After following 182,145 women in the Nurses Health Study I and II for 30 years, Farvids team also found that women who ate more than 5.5 servings of fruits and vegetables each day (especially cruciferous and yellow/orange vegetables) had an 11% lower risk of breast cancer than those who ate 2.5 or fewer servings. Vegetable intake was strongly associated with a 15% lower risk of estrogen-receptor-negative tumors for every two additional servings of vegetables eaten daily. A higher intake of fruits and vegetables was associated with a lower risk of other aggressive tumors including HER2-enriched and basal-like tumors. [11] A report by the World Cancer Research Fund and the American Institute for Cancer Research suggests that non-starchy vegetablessuch as lettuce and other leafy greens, broccoli, bok choy, cabbage, as well as garlic, onions, and the likeand fruits probably protect against several types of cancers, including those of the mouth, throat, voice box, esophagus, and stomach. Fruit probably also protects against lung cancer. [12] Specific components of fruits and vegetables may also be protective against cancer. For example: A line of research stemming from a finding from the Health Professionals Follow-up Study suggests that tomatoes may help protect men against prostate cancer, especially aggressive forms of it. [12] One of the pigments that give tomatoes their red huelycopenecould be involved in this protective effect. Although several studies other than the Health Professionals Study have also demonstrated a link between tomatoes or lycopene and prostate cancer, others have not or have found only a weak connection. [14] Taken as a whole, however, these studies suggest that increased consumption of tomato-based products (especially cooked tomato products) and other lycopene-containing foods may reduce the occurrence of prostate cancer. [12] Lycopene is one of several carotenoids (compounds that the body can turn into vitamin A) found in brightly colored fruits and vegetables, and research suggests that foods containing carotenoids may protect against lung, mouth, and throat cancer. [12] But more research is needed to understand the exact relationship between fruits and vegetables, carotenoids, and cancer. Some research looks specifically at whether individual fruits are associated with risk of type 2 diabetes. While there isnt an abundance of research into this area yet, preliminary results are compelling. A study of over 66,000 women in the Nurses Health Study, 85,104 women from the Nurses Health Study II, and 36,173 men from the Health Professionals Follow-up Studywho were free of major chronic diseasesfound that greater consumption of whole fruitsespecially blueberries, grapes, and appleswas associated with a lower risk of type 2 diabetes. Another important finding was that greater consumption of fruit juice was associated with a higher risk of type 2 diabetes. [15] Additionally a study of over 70,000 female nurses aged 38-63 years, who were free of cardiovascular disease, cancer, and diabetes, showed that consumption of green leafy vegetables and fruit was associated with a lower risk of diabetes. While not conclusive, research also indicated that consumption of fruit juices may be associated with an increased risk among women. (16) A study of over 2,300 Finnish men showed that vegetables and fruits, especially berries, may reduce the risk of type 2 diabetes. [17] Data from the Nurses Health Studies and the Health Professionals Follow-up Study show that women and men who increased their intakes of fruits and vegetables over a 24-year period were more likely to have lost weight than those who ate the same amount or those who decreased their intake. Berries, apples, pears, soy, and cauliflower were associated with weight loss while starchier vegetables like potatoes, corn, and peas were linked with weight gain. [1] However, keep in mind that adding more produce into the diet wont necessarily help with weight loss unless it replaces another food, such as refined carbohydrates of white bread and crackers. Fruits and vegetables contain indigestible fiber, which absorbs water and expands as it passes through the digestive system. This can calm symptoms of an irritable bowel and, by triggering regular bowel movements, can relieve or prevent constipation. [18] The bulking and softening action of insoluble fiber also decreases pressure inside the intestinal tract and may help prevent diverticulosis. [19] Eating fruits and vegetables can also keep your eyes healthy, and may help prevent two common aging-related eye diseasescataracts and macular degenerationwhich afflict millions of Americans over age 65. [20-23] Lutein and zeaxanthin, in particular, seem to reduce risk of cataracts. [24] Bertoia ML, Mukamal KJ, Cahill LE, Hou T, Ludwig DS, Mozaffarian D, Willett WC, Hu FB, Rimm EB. Changes in intake of fruits and vegetables and weight change in United States men and women followed for up to 24 years: analysis from three prospective cohort studies. PLoS medicine. 2015 Sep 22;12(9):e1001878. Wang X, Ouyang Y, Liu J, Zhu M, Zhao G, Bao W, Hu FB. 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Archives of Ophthalmology. 2004 Jun 1;122(6):883-92. Christen WG, Liu S, Glynn RJ, Gaziano JM, Buring JE. Dietary carotenoids, vitamins C and E, and risk of cataract in women: a prospective study. Archives of Ophthalmology. 2008 Jan 1;126(1):102-9. There are so many different types of vegetables, and you might not know some of the less common oneslets change that. Vegetables are among the most nutrient-rich foods, so lets find out what they offer. In this article, well learn about 60 types of vegetables, their key characteristics, and their nutrition facts. These vegetables are split into eight common vegetable classifications: leafy, stem, bulb, root, tuber, flower, fruit, and seed vegetables. All nutritional data is sourced from the USDA FoodData Central database. Leafy green vegetables are the edible leaves of a plant that grow above ground. Arugula leaves are just as commonly known as rocket, and they are particularly popular in the Mediterranean and Middle East. In fact, arugula is one of the most flavorful vegetables on this list, adding a complex flavor to

nutritional profile for a 155-gram cup of cooked spaghetti squash (59): Calories:31 kcal Carbohydrate: 10.0 g Fiber: 2.17 g Sugar: 3.92 g Fat:0.40 g Protein: 0.6 g The tomatillo belongs to the nightshade family of plants alongside tomatoes, eggplants and bell peppers. Tomatillos are the main ingredient in various central American sauces and green salsas. Nutritionally, tomatillos are a good provider of vitamin C. Here are their basic nutritional values per medium 34-gram tomatillo (60): Calories:11 kcal Carbohydrate: 1.99 g Fiber:0.65 g Sugar: 1.34 g Fat:0.35 g Protein: 0.33 g Tomatoes are juicy, sweet, and slightly sour fruit. Theyre also a crucial culinary ingredient and a key staple in world cuisine, from Italian to Indian food. Theyre also an excellent source of the carotenoid lycopene, which has antioxidant properties (61). Note: lycopene is more bioavailable in processed tomato products than whole tomatoes. The basic nutritional profile of a medium 123-gram red tomato is as below (62): Calories:22 kcal Carbohydrate: 4.78 g Fiber:1.48 g Sugar: 3.24 g Fat:0.25 g Protein: 1.08 g Learn more: Tomatoes: Nutrition Facts, Benefits, and Research Known by the original Italian word zucchini in the US and Australia, this vegetable goes by the French name of courgette in the UK, Ireland and New Zealand. Zucchini can be enjoyed both raw or cooked, and you can even make vegetable noodles (dubbed zoodles) with it. Zucchini has a fresh, soft and sweet flavor and texture, and it provides a good amount of vitamin C. The basic nutritional profile for a 180-gram cup of cooked, sliced zucchini is as follows (63): Calories:27 kcal Carbohydrate: 4.84 g Fiber:1.8 g Sugar: 3.08 g Fat:0.65 g Protein: 2.05 g Seed vegetables are the edible seeds of the plant. Although botanically seeds, people use them like vegetables in cooking. Green beans are a versatile vegetable with pleasant taste, and they feature in a range of dishes from casseroles and curries to salads. A 125-gram cup of cooked green beans provides (64): Calories:44 kcal Carbohydrate: 9.85 g Fiber:4.0 g Sugar: 4.54 g Fat:0.35 g Protein: 2.36 g While known as a vegetable, green peas are fresh, immature legumes. They are a common vegetable typically sold fresh, canned, and frozen. Each 160-gram cup of cooked green peas offers the following nutritional values (65): Calories:134 kcal Carbohydrate: 25.0 g Fiber:8.8 g Sugar: 9.49 g Fat:0.35 g Protein: 8.58 g Sweetcorn is a type of maize sold either fresh, canned, or frozen. It is a versatile, sweet and crunchy vegetable. A 164-gram cup of canned sweetcorn offers the following nutritional values (66): Calories:110 kcal Carbohydrate: 23.5 g Fiber:3.28 g Sugar: 7.28 g Fat:2.0 g Protein: 3.76 g In this category, youll find foods that people consume as vegetables that dont fit into the prior categories. Mushrooms stand alone among this list of vegetables; they arent technically a vegetable, or any other kind of plant. In fact, they belong to a category of their own called fungi. Here is the nutritional profile for a 156-gram cup of cooked white button mushrooms (67): Calories: 44 kcal Carbohydrate: 8.25 g Fiber: 3.43 g Sugars: 3.65 g Fat: 0.73 g Protein: 3.38 g Learn more: 18 Popular Types of Edible Mushrooms Seaweed is a family of sea vegetables that includes kelp, kombu, and wakame. Although used like vegetables in cooking, seaweed is not actually a vegetableit is a kind of algae. Algae are small organisms that use photosynthesis to produce their own food. Here is the nutrition profile of a 10-gram, two-tablespoon serving of wakame seaweed (68): Calories:4.5 kcal Carbohydrate: 0.91 g Fiber:0.05 g Sugar: 0.07 g Fat:0.06 g Protein: 0.3 g Learn more: A List of 14 Sea Vegetables To Try No matter which vegetable people prefer, all vegetables may help to improve our diet. Vegetables tend to offer high levels of beneficial, essential nutrients for very few calories, making them an excellent choice. But there is no need to include any specific vegetable in the dietjust focus on the ones that you enjoy most. To learn about differences between raw and cooked vegetables, see this guide here. Also, learn about the key nutritional differences between fresh and frozen produce. Have you ever wondered about the vast world of vegetables and the variety of options available to enhance your culinary adventures? This blog post is your gateway to the fascinating field of vegetables. Were going to dive into a comprehensive list of vegetables, and along the way, youll enrich your vegetable vocabulary to impress your friends and family with your newfound knowledge.Vegetables are an essential part of our daily diets and offer a treasure trove of flavors, textures, and colors. Some are crispy, others are tender, and a few are downright exotic. Whether youre a seasoned chef or just starting your culinary journey, understanding the names and characteristics of different vegetables is key to creating delicious and diverse dishes.From the familiar classics like carrots, potatoes, and broccoli to the less-known treasures such as kohlrabi, jicama, or bok choy, this list of vegetables will introduce you to a whole new world of possibilities. Imagine impressing your friends at your next dinner party by casually mentioning your fondness for asparagus or your culinary experimentations with rutabaga.The goal of this blog series is to expand your vegetable vocabulary, so you can confidently navigate your local farmers market or grocery store with a discerning eye. Youll be able to identify vegetables youve never encountered before, and better yet, know how to prepare and enjoy them.By the end of this series, youll be a vegetable expert, ready to elevate your cooking game with an array of flavors, textures, and culinary possibilities. So, lets roll up our sleeves, sharpen our knives, and begin our exploration of the delightful list of vegetables that our world has to offer.Teasing can be a fun way to add humor, but its important to know your audience. If you share a close relationship, a gentle tease can bring a chuckle. Try something like, Another year older, but not necessarily wiser! Happy Birthday Wishes in Marathi ! Always ensure your teasing remains friendly and doesnt cross the line. You want to make them smile, not cringeTypes of VegetablesGreen leafy list of vegetablesLettuce-Belongs to aster family and is served as a base in a salad. It contains vitamins A and K.Silverbeet-It is also known as Swiss chard and seems like spinach, but it has a stronger taste than spinach. Its leaves are green with a white or red stalk, but its veins are dark pink or red. It is rich in vitamin A and K, folate and potassium.Kale-It belongs to the group of cabbage and has green or purple leaves. You can eat it in raw form or cooked. It contains vitamin A, K, C, manganese, copper, B6 and potassium.Collard greensAloose leaf vegetable and belong to the broccoli family. Its rich in nutrients like vitamin A, C, carbohydrates, and calcium. It also contains fibers.Romaine lettuceIt belongs to the lettuce family and has light green leaves with strong veins. It contains folate, beta carotene, and potassium.Coriander-It is a herb vegetable, and it is used to add flavor to several dishes. It contains vitamin K and antioxidants and reduces the signs of aging.Root VegetablesPotato-A root vegetable that is very famous in Asian countries. It contains carbs, fibers, vitamin b6, K and manganese.Radishes-Edible root vegetables that contain vitamin C, K and folates.Turnips-Root vegetables with a white and purple outer layer and it contains folate, calcium, phosphorus and carbs.Parsnip-Root vegetable is similar to a carrot but lighter in color than carrot and contains carbohydrates and sodium.Beets-The taproot portion of the beet plant is edible and contains potassium, sodium, sugar and protein.Carrots-Similar to parsnip but dark in color and contain Iron, calcium, vitamin b6 etc.Yam-Starchy edible root plantOnion-It contains Quercetin, and it is anti-inflammatory.Garlic-Containsfat, sugar, sodium, vitamin C, zinc, and calciumSweet potatoes:Are sources of beta carotene and many other vitamins and minerals.Seed Vegetables:Cucumber-Green in color; is a salad vegetable containing vitamin C, K, carbs, proteins, magnesium, etc.Tomatoes-Similar to persimmon fruit in shape. And have sodium, carbohydrate, fibers and vitamin C.Chilly-Its a spice containing vitamin C, K, A, copper and potassium.Lady finger-An edible green seed pod that contains folate, fibers and antioxidants, and it contains a sticky mass in it.Pumpkin-A round ribbed skin vegetable that is yellow to orange in color. And it contains vitamin A, B6, fiber, folate, manganese and pumpkin.Cruciferous Vegetables:Broccoli-Edible green plant from the cabbage family contains nutrients, vitamins and antioxidants.Cauliflower-Similar to broccoli and its seed head is an eatable part. It contains protein, sodium, and carbohydrates.Brussels sproutsFamous for their edible bud.CabbageLeafy green annual vegetable containing leaves packed above each other. It contains folate, vitamin B6 and fibers.Legume FamilyPeasBelongs to the legume family, and its seeds are edible. It contains vitamin E, Zinc and antioxidants.Vegetables VocabularyList of Vegetables with PicturesSerial No.Vegetable ImageVegetable Name1Carrot2Broccoli3Tomato4Spinach5Cucumber6Olive7Cauliflower8Zucchini9Eggplant10Green Beans11Potato12Red cabbage13Peas14Lettuce15Mushroom16Cabbage17Garlic18Corn19Asparagus20Shallot21Celery22Beetroot23Artichoke24Butternut Squash25Okra26Swiss Chard27Turnip28Leek29Brussels Sprouts30Yam31Plantain32Bok Choy33Rhubarb34Parsnip35Galangal36Kohlrabi37Tindora38Taro39Spaghetti squash40Jicama41Bottle gourd42Capsicum43Daikon Radish44Cassava45green Onion46Radish47Horseradish48Chives49Yucca50Lady Finger51Celeriac52Hubbard Squash53Chayote54Water Chestnuts55Chard56Endive57Escarole58Malanga59Pumpkin60Acorn SquashList of Vegetables with Some DetailPotato:A starchy tuber widely used in various culinary dishes, known for its versatility and ability to be mashed, roasted, fried, or boiled.Radish:A root vegetable with a crisp texture and peppery flavor, often used in salads, pickles, or as a garnish.Turnip:Another root vegetable, usually with a mild, slightly sweet taste, and commonly used in soups, stews, and roasts.Brinjal (Eggplant):A glossy, purple-skinned vegetable with a creamy interior, frequently used in Mediterranean and Asian cuisines for dishes like ratatouille or baba ganoush.Beetroot:A sweet and earthy root vegetable available in various colors, often boiled, roasted, or pickled and used in salads and side dishes.Bitter Gourd:A bitter-tasting green vegetable, highly regarded for its health benefits and used in stir-fries and curries, particularly in Asian cuisine.Cabbage:A leafy green vegetable with dense, layered leaves, commonly used in coleslaw, sauerkraut, and various cooked dishes.Cauliflower:A cruciferous vegetable that can be roasted, steamed, mashed, or used to make cauliflower rice, a popular low-carb alternative.Coriander:An aromatic herb with both leaves (cilantro) and seeds (coriander seeds) used to flavor a wide range of dishes, from salsas to curries.Carrot:A sweet and crunchy root vegetable, often eaten raw, but also used in soups, stews, and as a side dish.Chili:A spicy pepper, available in numerous varieties and used to add heat and flavor to dishes worldwide, including chili con carne and various hot sauces.Garlic:A pungent bulb known for its strong flavor, widely used as a seasoning in many savory dishes, sauces, and marinades.Gourd:A family of vegetables that includes varieties like bottle gourd, ridge gourd, and snake gourd, often used in Indian and Asian cuisine.Okra:A green, slimy vegetable used in dishes like gumbo or fried okra, prized for its unique texture.Onion:A fundamental ingredient in countless recipes, used to add depth and flavor to dishes when sauted, caramelized, or raw in salads.Pumpkin:A versatile, orange-colored squash used in soups, pies, and roasted dishes, popular during the fall season.Yam:A starchy root vegetable with a sweet taste, often used in casseroles, fries, and as a side dish.Spinach:A leafy green vegetable packed with nutrients, commonly used in salads, smoothies, or cooked as a side dish or in pasta dishes.Tomato:A red or yellow fruit often treated as a vegetable in cooking, used in sauces, salads, soups, and a wide range of dishes.Cucumber:A refreshing, crisp vegetable often eaten raw in salads, sandwiches, and pickles.Kohlrabi :A cabbage family member with a mild, slightly sweet flavor, commonly used in slaws and salads.Capsicum:Also known as bell pepper, it comes in various colors like red, green, and yellow, and is often used in salads, stir-fries, and as a pizza topping.Broccoli:A nutritious green vegetable that belongs to the cabbage family, often steamed, roasted, or used in soups and stir-fries.Olive:Small, flavorful fruits used to make olive oil or as a topping for pizzas, salads, and Mediterranean dishes.Artichoke:A thistle-like vegetable with a tender heart and edible leaves, often steamed or roasted and served with dips.Horseradish:A pungent root vegetable used to make a spicy condiment, often served with roast beef.Corn:A starchy, sweet vegetable that can be boiled, grilled, or used in various dishes like cornbread and corn chowder.Ash Gourd:A type of winter melon used in Asian cuisine for soups and curries.Lettuce:A leafy green used as a base for salads, sandwiches, and wraps.Leek:A mild-flavored onion relative used in soups, quiches, and as a garnish.Mushroom:Edible fungi used in various cuisines for their earthy flavor and versatility.Zucchini:A summer squash that can be grilled, sauted, or used in baking.Chives:A mild-flavored herb used as a garnish in salads, soups, and baked potatoes.Cassava:A starchy root vegetable commonly used in African, Caribbean, and Latin American cuisines, often boiled, fried, or mashed.Vegetables VocabularyYou May Also LikeAnimal VocabularyA to Z Birds Vocabulary Discover the vast world of vegetables with our comprehensive guide! From A to Z, we present you with a compilation of 100 vegetables, complete with stunning pictures, intriguing facts, and a list of various types of vegetables. Get ready to expand your culinary horizons and embrace the wonders of the plant kingdom! 100 Vegetables Name A to ZAcorn squashAlfalfa sproutsAmaranthAngelicaAniseArrowrootArtichokeArugulaAsh gourdAsparagusBamboo shootBasilBay leafBean sproutsBeansBeetrootBell pepperBitter gourdBok choyBroccoliBrussels sproutsButternut squashCabbageCapsicumCardoonCarrotCassavaCauliflowerCeleryChardChayoteChickpeaChickweedChivesCilantroCollard greensCorianderCornCucumberDaikon radishDandelion greensEggplantEndiveEscaroleFava beanFennelGarlicGingerGreen beansGreen chiliesGreen onionHorseradishIceberg lettuceJicamaKaleKelpKohlrabiLadys FingerLeekLemonLentilLettuceLima beanLotus rootMintMushroomMustard greensOkraOliveOnionPak ChoiParsnipPeasPepperPeppermintPotatoPumpkinQuinoaRadicchioRadishRed cabbageRed chillyRed onionRosemaryRutabagaShallotSnow peaSorrelSpinachSpring onionSweet potatoSwiss chardTaroTomatoTurnipWatercressWhite onionYamYellow squashZucchiniExplore A to Z Vegetables in Detail: 12 Different Types of VegetablesVegetables can be classified into cruciferous, leafy green, marrow, root, stem, and allium types. Cruciferous vegetables like broccoli and cabbage are nutrient-rich, while leafy greens such as spinach and kale offer freshness. Marrow vegetables are tender, roots like carrots and potatoes are versatile, stems like asparagus provide crispness, and alliums like onions and garlic add pungency and aroma to dishes. Below are 12 different types of vegetables:1. Root Vegetables NamePlants where the main edible part is the root, such as carrots and beets.List of Root VegetablesCarrotDaikonTurnipCeleriacRutabaga/SwedeSugar beetParsnipHorseradishRadishBeetroot2. Leafy Vegetables NamePlants with edible leaves or leaf stem, including lettuce, spinach, and kale.List of Leafy VegetablesCabbageCoriander leavesLettuceMintSpring onionRapiniSpinachRomaine lettuceBok choyCeleryKaleArugulaMustard greens3. Flower Vegetables NameThe flowering parts of plants that are edible, like broccoli and cauliflower.List of Flower VegetablesBanana flowerCauliflowerBroccoliArtichokeRomanesco broccoliZucchini flowersSquash BlossomsNasturtiumsMarigoldsChive BlossomsDayliliesCalendula (Pot Marigolds)PansiesBorageLavenderRoseRelated: Flowers Name List4. Tuber Vegetables NameThickened underground parts of some plants that are consumed, like potatoes and sweet potatoes.List of Tuber VegetablesArrowrootGingerPurple yamGreater yamTapiocaElephant YamChinese potatoArracaciaTurmericPotato5. Fruit Vegetables NameBotanical fruits are used in culinary applications as vegetables, like tomatoes, cucumbers, and peppers.List of Fruit VegetablesEggplantGreen peasCornPeppersChickpeasBeansPumpkinString beansLadys fingerCucumberTomatoRelated:Fruits and Vegetables With 5 LettersFruits and Vegetables With 6 Letters6. Bulb Vegetables NamePlants producing a fleshy, underground storage structure, like onions and garlic.List of Bulb VegetablesOnionGarlicShallotLeekFennelScallionSpring OnionKohlrabiBulbous Fennel7. Stem Vegetables NameVegetables that are the edible stems of plants, like asparagus and celery.List of Stem VegetablesCardoonCabbageSwiss chardCeleryLemon grassCeltuceBamboo shootsAsparagusRhubarbKohlrabi8. Green Vegetables NameA general term for vegetables with green edible parts, such as broccoli, peas, and green beans.List of Green VegetablesSpinachBroccoliKaleGreen beansPeasBrussels sproutsAsparagusZucchiniCucumberGreen bell peppersAvocadoCeleryGreen onions (scallions)ArtichokesLettuce (varieties like romaine, iceberg, and leaf lettuce)CabbageBok choySwiss chardGreen peas (also known as garden peas)OkraGreen tomatoes9. Red Vegetables NameVegetables with red edible parts, like red peppers, radishes, and tomatoes.List of Red VegetablesTomatoesRed bell peppersRadishesRed onionsBeetsRed cabbageRed potatoesRed chili peppersRed carrotsRed leaf lettuceRed kaleRed Swiss chardRed Brussels sproutsRed jalapeo peppersRed radicchio10. MarrowA type of summer squash known for its soft skin, tender flesh, and large size.List of Marrow VegetablesZucchiniYellow SquashPattypan SquashCrookneck SquashChayoteTromboncino SquashLebanese SquashEight Ball Zucchini11. AlliumA genus of plants with strong flavors and odors, including onions, garlic, and leeks.List of AlliumsOnion (Allium cepa)Garlic (Allium sativum)Shallot (Allium cepa var. aggregatum)Leek (Allium ampeloprasum var. porrum)Scallion/Green Onion/Spring Onion (Allium fistulosum)Chives (Allium schoenoprasum)Garlic Chives (Allium tuberosum)Elephant Garlic (Allium ampeloprasum var. ampeloprasum)Rakkyo (Allium chinense)Welsh Onion (Allium fistulosum)Ramps/Wild Leeks (Allium tricoccum)Chinese Leek (Allium ramosum)Society Garlic (Tulbaghia violacea)12. Peas & BeansPlants in the legume family with edible seeds enclosed in a pod, including peas, lentils, and various beans.List of Peas and BeansPeas:Green PeasSnow PeasSugar Snap PeasSplit Peas (used for making soups and dals)Beans:Kidney BeansBlack BeansNavy BeansPinto BeansCannellini BeansGarbanzo Beans (Chickpeas)Lima BeansGreat Northern BeansAdzuki BeansBlack-Eyed PeasFava BeansLentils (although technically a type of legume, they are often included in the bean category due to their similar culinary uses)Must Read: Scientific Names of VegetablesVegetables Name in English with Pictures and FactsArtichokeArtichokes are plants that belong to the thistle family. Artichokes are usually small, leafy plants with many small, tough leaves. The leaves of an artichoke have a bump or dimple on the top which is called a crown.RadishRadishes are a member of the cabbage family. They have a long taproot with many small, edible leaves surrounding it. The leaves of radish have a sharp flavor that is slightly similar to the taste of raw spring onions.Ash gourdAsh gourds are a type of fruit that is grown like vegetables. They are related to squash and pumpkins. The skin of the fruit is covered in hard, green scales which can be peeled off for cooking purposes.AsparagusAsparagus is a vegetable that comes from the asparagus plant. The edible part of a stalk of asparagus is the lower portion. Stalks are usually harvested during the spring season when they are young and tender.Bamboo shootsBamboo shoots are seasonal vegetables. They are harvested when the shoots first grow during early summer. The shoots are grown in bamboo stalks, which extend over water to provide nutrients and oxygen to the plants (similar to how terrestrial plants grow).BasilBasil is a herbaceous perennial plant that grows in the Mediterranean region. It has a strong, peppery taste. The leaves and flowers of basil are edible, but theyre most often used as a seasoning.Bean sproutsBean sprouts are a vegetable that is harvested from mung beans. They are usually eaten raw, but some people eat them cooked.BeansBeans are a type of vegetable that is cultivated for their seeds. The seeds of beans are usually eaten as a food ingredient, and the leaves of a bean plant provide the material used in making these foods.BeetrootBeetroot is a popular vegetable that is grown for its roots. The color of the beetroot can vary from red to white, and it has a unique flavor. Beetroots are usually eaten raw as an ingredient in salads or cooked as a side dish.Bell pepperBell peppers are popular vegetables that are usually eaten raw. The bell pepper is a vegetable that has a variety of colors and flavors, including white and yellow, green, red, and orange.Bitter gourdThe bitter gourd is a vegetable that has dark green skin and white flesh. It is often eaten raw as a vegetable, but it can also be cooked in a variety of ways.Bok choyBok choy is a vegetable that has a mild taste and many nutrients. The Bok choy is a popular vegetable because of its low calories and high nutrients.BroccoliBroccoli is a type of cabbage that is grown for its edible green leaves. Broccoli also has flower buds that are used as a vegetable called broccoli sprouts.Brussels sproutsBrussels sprouts are a type of cabbage that have green leaves with a white stalk. Brussels sprouts have a strong taste and can be bitter to some people.CabbageCabbage is a member of the Brassica family. Cabbage has a long taproot and many edible leaves that are chopped or sliced into salads.Cactus pearThe cactus pear is a type of succulent plant that has edible green fruit. It is commonly grown as an ornamental shrub in the United States.CapsicumCapsicum is a family of plants that includes peppers. There are many types of peppers including bell, hot chili pepper, and sweet chili pepper. The capsicum plant has edible pods that have a mild taste and texture.CarrotCarrots are a root vegetable that is grown for its greens. It has many varieties including the orange carrot and the purple carrot. Carrots can be eaten raw or cooked.CauliflowerCauliflower is a vegetable that looks like a cabbage with a head on top. It can be eaten raw or cooked. The cauliflower is also used in many types of recipes.CeleryCelery is a vegetable that has many varieties including celery root, celery stalk, and cored celery. The celery can be eaten raw or cooked.ChayoteChayote is a vegetable that belongs to the squash family. It has small, green, pear-shaped fruits with a thorny stem and many seeds. Chayote is similar to a cucumber but it grows in Mexico and South America.Collard greensCollard greens are also a member of the cabbage family. They have long stems with large, dark green leaves that grow in a bundle. Collard greens are very nutritious and they can be eaten raw or cooked.CorianderCoriander is a common herb that is found in many cuisines. It is a member of the mint family and it has long, thin, green leaves and small purple flowers. Coriander is used to flavor curries or soups.CornCorn is a type of grain that is used to make cornbread and cornmeal. Corn comes in many varieties, including sweet corn and popcorn.CucumberCucumbers are a very common vegetable that is often eaten raw, pickled, or as a salad. They have small, green leaves and long stems.EggplantEggplant is a type of vegetable that has soft, purple skin and white flesh. It is often used in Italian cooking and vegetarian dishes.EndiveEndive is a type of vegetable that has thin, long stems and pale green leaves. Endive is often used in salads.EscaroleEscarole is a type of vegetable that has long, slender leaves and a slightly bitter flavor. It is often used in salads and soups.FennelFennel is a plant that belongs to the parsley family. Fennel is usually an herb that has a long, hollow leafy stem and small, edible leaves.GarlicGarlic is a very common herb that belongs to the onion family. Garlic has a long, hollow stalk and small cloves of garlic at the top of it.GingerGinger is a plant that belongs to the mint family. Ginger has a long, hollow stem and small, edible leaves.Green beansGreen beans belong to the bean family. They have a long, hollow stem with small, edible leaves.Green chiliesGreen chilies are usually a type of chili pepper. Like other chilis, they have a long, hollow stem with small, edible leaves.Green onionGreen onions are a type of onion and belong to the same family as green chilies. They have a long, hollow stalk with small, edible leaves.HorseradishHorseradish is a plant belonging to the mustard family. It has a long, hollow stem and small, edible leaves.Knol kholKnol khol is a type of green vegetable that grows in the Himalayan Mountain range. It has a long, hollow stem with small, edible leaves.KohlrabiKohlrabi is a root vegetable that is similar to a turnip but with lighter green leaves. Kohlrabi can be eaten raw or cooked.Ladys FingerLadys finger is a vegetable that belongs to the allium family. It is usually eaten as a salad, but can also be cooked.LeekLeek is a member of the onion family. It has a long, green, bulbous root and many thin white leaves around it.LemonLemon is a citrus fruit that has an acidity level of between 0.7 and 3.5 (depending on the variety). It is usually eaten raw, but can also be used in cooking.LettuceLettuce is a type of leafy green vegetable that is popular in salads. It has hollow stems, light green leaves, and a slightly bitter taste.MintMint is a type of herb that belongs to the family Lamiaceae. It has small, green leaves and flowers, which are usually purple or white.MoringaMoringa is a tree that is native to South Asia, but it has been grown by many people around the world. It produces a lot of edible leaves and seeds.MushroomMushrooms are a type of fungus that is edible. They can be found in many different types and colors, including white, yellow, red, and brown.OkraOkra is a type of vegetable that is generally green in color and has a slightly bitter flavor. It is usually eaten cooked or raw.OliveThey have been cultivated for thousands of years and are one of the oldest known cultivated crops.OnionOnions are a member of the lily family. They have bulbous roots that can grow up to 10 inches long, which produces many small, white, or purple flowers. The flowers are usually green and are used in cooking.ParsnipParsnip is a root vegetable that is similar to carrots. Parsnips are used as a vegetable and in soups. The parsnip has a very sharp flavor and can be prepared in many ways.PeasPeas are a common root vegetable. Their roots contain a lot of carbohydrates, making them an excellent source of energy. They are often grown in greenhouses and can be used as fertilizer, cooked, or dried.PepperPepper is a small, sweet pepper that can be used fresh in cooking or dried for seasoning. It has a mild flavor and can be found in most supermarkets.PotatoPotato is a root vegetable that can be found in most supermarkets. It is commonly used in many dishes and stews, either cooked or raw.PumpkinThe pumpkin is a fruit that can be cooked or eaten raw. It contains a lot of vitamins and minerals and is often used to make bread, pies, and muffins.RadicchioRadicchio is a type of cauliflower that has a curly leaf, similar to the leaves of broccoli. Radicchio has white flowers and green leaves that are tightly packed together.Red cabbageRed cabbage is a type of cabbage that has dark red or purple leaves and white flowers. Red cabbage is used in many different recipes as it has a sweet, mild taste.Red chillyRed chilies are a type of chili pepper that is very spicy. They come in a variety of colors, from green to red. Red hot chilies are often dried and ground into a powder, which is known as chili powder.Red onionRed onions are a type of onion that has a milder taste than the green onions. Red onions are used in many dishes, including chili, salads, and bread.Red ChilliesRed chilies are a type of chili pepper that is very spicy. They come in a variety of colors, from green to red. Red hot chilies are often dried and ground into a powder, which is known as chili powder.SpinachSpinach is a popular vegetable that can be eaten in many different ways. It has been used as an herb, a staple food, and even a source of fiber. Spinach is used in many dishes, including chili, salads, and bread.Spring onionSpring onions are a vegetable similar to scallions. They have a long, green stem that is white at the top or bottom and has a bulb at the end. The onions are used as a vegetable in many cuisines all over the world.Sweet potatoSweet potatoes are root vegetable that is brown or purple on the outside and white on the inside. They have hard skin that is too thick to eat raw, so they must be cooked before being eaten.Swiss chardSwiss chard is a leafy vegetable that is similar to spinach. Its red veins and green leaves give it a bright appearance when grown in the sunlight.TomatoTomatoes are a fruit that is usually red or green when ripe. They have hard skin and flesh that must be cooked before eating.TurnipTurnips are similar to beets in appearance. They have hard skin, so they must be cooked before eating.YamYams are root vegetable that is white on the outside and yellow or orange on the inside. They have a hard skin, so they must be cooked before being eaten.Yellow squashYellow squash is a vegetable that grows between the rind of the green pepper. It has a hard skin, so it must be cooked before eating.ZucchiniZucchini is a squash that grows in a long oval shape. Its skin has to be cooked before eating.Explore More:20 Vegetable Names10 Vegetable Names50 Vegetable Names Page 2 Prev Article Next Article Are you interested in learning the Hindi names of some popular vegetables? Well, youve come to the right place! In this blog post, we will explore 10 common vegetables and their names in Hindi. Whether youre a language enthusiast or simply want to expand your knowledge, these Hindi vegetable names will come in handy. So, lets dive in and discover the vibrant world of vegetables in Hindi! Vegetables Name in HindiHere are 10 vegetables and their names in Hindi: (Palak) Spinach (Gajar) Carrot (Baingan) Eggplant (Tamatar) Tomato (Pyaz) Onion (Aloo) Potato (Tori) Ridge gourd (Shimla Mirch) Bell pepper (Gobhi) Cauliflower (Turai) Sponge gourdVegetables Name in Hindi With PicturesHindiEnglishPictures (Palak)Spinach (Gajar)Carrot (Baingan)Eggplant (Tamatar)Tomato (Pyaz)Onion (Aloo)Potato (Shalgam)Turnip (Shimla Mirch)Bell pepper (Gobhi)Cauliflower (Khera)Cucumber You may Like to Read: A to Z Vegetables names with Pictures Prev Article Next Article Vegetables are arguably the most diverse plant-based food source, with almost1,100 different kinds of vegetablesrecognized in the world. Some can be eaten raw in salads, while others are used to cook the most delicious dishes.Vegetables are often classified based on what part of the plant it is. So, different groups of vegetables include leafy greens (spinach,lettuce), pods (beans), and root vegetables (potato, carrot). And then many fruits, like like tomatoes and cucumbers, are popularly eaten as vegetables. Below is a list of the names of the most common vegetables well-known worldwide.List of the Most Popular Vegetables Botanically, Mushrooms are not plants but a large group of edible fungi. Still, they are included in the above list because of their typical culinary uses similar to vegetables.Vegetables by Attributes Vegetables by Purpose of Use Vegetables by SeasonsWinter VegetablesSpring VegetablesSummer VegetablesFall VegetablesVegetables by ColorGreen VegetablesPurple VegetablesRed VegetablesWhite VegetablesYellow VegetablesBlue VegetablesOrangeVegetablesPink VegetablesBlack VegetablesBrown VegetablesVegetables by CountryAsian VegetablesChinese VegetablesIndian VegetablesJapanese VegetablesVietnamese VegetablesOthersJamaican VegetablesFilipino Vegetables While all vegetables are nutritious, some are more nutritious than others. If youre looking to spice up your diet with nutrient-dense veggies, try adding spinach, broccoli, garlic, beets, or others to the menu. Share on PinterestKseniya Ovchinnikova/Getty ImagesIts no secret that vegetables which are loaded with fiber, vitamins, minerals, and antioxidants are a must-have in a healthy diet.Although all vegetables are healthy, several stand out for their supply of nutrients and powerful health benefits.Here are 14 of the most nutrient-dense veggies available.This leafy green tops the chart as one of the most nutrient-dense vegetables.Thats because 1 cup (30 grams (g)) of raw spinach provides 16% of the Daily Value (DV) for vitamin A plus 120% of the DV for vitamin K all for just 7 calories.Spinach also boasts antioxidants, which may help reduce your chance of developing diseases such as cancer.They also contain beta-carotene, an antioxidant that provides them with a vibrant orange color. Your body converts it into vitamin A.One study of more than 57,000 people associated eating at least 24 carrots per week with a 17% lower risk of colorectal cancer in the long run.A review of 18 studies also found that carrots may also reduce the chance of developing lung cancer.Just 1 cup (91 g) of raw broccoli provides 77% of the DV for vitamin K, 90% of the DV for vitamin C, and a good amount of folate, manganese, and potassium.Broccoli is rich in a sulfur-containing plant compound called glucosinolate, as well as its byproduct sulforaphane. It may be able to help protect against cancer, as well as decrease inflammation linked to chronic conditions like heart disease.Garlic is very nutritious while fairly low on calories, and most people usually consume a small amount as an ingredient in cooking. One clove of garlic only has about 4.5 calories. It contains nutrients such as selenium, vitamin C, vitamin B6, and fiber,It has also been used as a medicinal plant for millennia. Its main active compound is allicin, which has been shown to aid blood sugar and heart health. are a great source of fiber, an important nutrient that supports bowel regularity, heart health, and blood sugar control. Each serving is also packed with folate, magnesium, and potassium, as well as vitamins A, C, and K.They also contain kaempferol, an antioxidant that may be particularly effective in preventing cell damage.Kaempferol has also been shown to have anti-inflammatory and cancer-fighting properties, which may protect against disease.Consuming Kale as a powder (made from dried leaves) or drinking its juice has been found in various studies to support decreasing blood pressure, cholesterol, and blood sugar levels. That said, more research is needed to confirm these findings regarding kale juice specifically.Peas are a starchy vegetable, which means they have more carbs and calories than non-starchy veggies and may affect blood sugar levels when eaten in large amounts.Nevertheless, just 1 cup (160 g) contains 9 g of fiber, 9 g of protein, and vitamins A, C, and K, as well as riboflavin, thiamine, niacin, and folate.Moreover, they are rich in saponins, a group of plant compounds that may help reduce tumor growth and cause cancer cell death.One cup (36 g) of Swiss chard contains just 7 calories but nearly 1 g of fiber, 1 g of protein, and lots of manganese, magnesium, and vitamins A, C, and K.Its also loaded with health-promoting antioxidants and plant compounds, including betalains and flavonoids. Though more studies are needed, research has found these compounds may be anti-inflammatory and help reduce the chance of various chronic diseasesTheyre also rich in nitrates, which your body converts into nitric oxide a compound that can help dilate blood vessels. This may help reduce blood pressure and lower the chance of developing heart disease.Whats more, beets and their juice have been linked to improved endurance and athletic performance.Just 1/2 cup (90 g) of cooked asparagus provides 33% of the DV for folate, as well as plenty of selenium, vitamin K, thiamine, and riboflavin.Getting enough folate from foods such as asparagus may protect against disease and prevent developmental irregularities of the neural tube during pregnancy.One animal study also suggests that asparagus extract protects against liver and kidney damage by reducing oxidative stress.Its also rich in anthocyanins, a group of plant compounds that contribute to its distinct color and numerous benefits.In one animal study, red cabbage extract reversed oxidative stress in rats with high cholesterol levels.Similarly, in another study of mice fed a high fat diet, red cabbage microgreens significantly lowered levels of LDL (bad) cholesterol and decreased weight gain.One medium sweet potato contains about 4 g of fiber, 2 g of protein, and a good amount of potassium, manganese, and vitamins B6 and C.This root veggie is also high in beta-carotene, packing 122% of the DV for this vitamin.Some research links an increased intake of specific vegetables, including collard greens, to a lower chance of developing glaucoma, an eye condition that can lead to blindness (50).Cauliflower is known for both its versatility and its stellar nutrient profile. Just 1 cup (155 g) cooked packs 3 g of fiber, 3 g of protein, and a variety of other important nutrients, including folate and vitamins C and K.Like other cruciferous veggies, itIts a great source of compounds such as glucosinolates and isothiocyanates, both of which possess potent cancer-fighting properties.Cauliflower is also often used as a low carb alternative and may help support weight loss.Not only are most vegetables brimming with antioxidants and an array of essential vitamins and minerals, but many also offer health-promoting properties.Although the veggies listed above are great nutrient-dense options to add to your diet, many others are loaded with nutrients as well.For the best health outcomes, try to consume a variety of vegetables to take advantage of their unique health benefits. Be sure to include them as part of a balanced diet.Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.

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