

Apple (not seeds)

Artichoke

Arugula

Asparagus

Banana

Basil

Beet tops

Blackberry (leaves, stems, fruit)

Blueberry

Broccoli

Brussel sprouts

Cantaloupe

Caraway

Carrot (tops
and root)

Celery

Chard

Chives (in moderation)

Cilantro

Clover

Collard greens

Cucumber

Dandelion (leaves, stem, flower)

Dill

Endive

Escarole

Fennel Zucchini

Grapes

Green pepper

Honeydew Melon

Kale

Lemon balm

Lettuce (romaine, red & green leaf)

Lilac

Marigold

Marjoram

Mint

Mustard greens

Papaya (no seeds)

Parsley

Peach

Pear

Pineapple

Radish Tops

Raspberry

(leaves, stems, fruit)

Sage

Savory

Spinach

Strawberry

Tomato (fruit only; greens are toxic)

Watermelon

Watercress

Fruit should always be given in moderation as the high sugar content may cause diarrhea.

Introduce

fruits and vegetables slowly over several weeks.

Remember no pesticides