

Fruits and Vegetables Commonly Grown in Arkansas

FRUITS	VEGETABLES	
Apples	Asparagus	Okra
Blackberries	Beets	Onions
Blueberries	Broccoli	Parsnips
Cantaloupes	Cabbage	Peas
Grapes	Carrots	Peppers, Sweet
Melons	Collard Greens	Potatoes
Nectarines	Corn	Pumpkins
Peaches	Cucumbers	Radishes
Pears	Egg Plants	Rhubarb
Plums	Fava Beans	Rutabagas
Raspberries	Garlic	Shelling Peas
Strawberries	Green Beans	Snap Peas
Watermelon	Green Onions/Scallions	Spinach
	Kale	Summer Squash
	Leeks	Tomatoes
	Lettuce	Turnips
	Mushrooms (cultivated and wild)	Winter Squash
	New Potatoes	Zucchini
NUTS		
Pecans		
Peanuts		
Vegetables/ Fresh Herbs		
Mint	Parsley	Sage
Oregano	Rosemary	Thyme

Please see “[Nutrition Facts of Fruits and Vegetables](#)” for nutritional content of specific fruits and vegetables