

# No-Pain/Have-Pain Foods

List and advice from  
**Supreme Master Ching Hai** (vegan)

Please note: We will update when possible with more  
No-pain and Have-pain foods. This is not a complete list.

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Tip: Press Ctrl+F to search for specific foods

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# No-Pain/Have-Pain Foods

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

 Tip: Press Ctrl+F to search for specific foods

## Grains & Cereals

Rice **N**



Wheat (Bread, pasta, noodles) **N**



Amaranth **N**



Oats **N**



Barley **N**



Job's tears **N**



Sorghum **N**



Buckwheat **N**



Millet **N**



Quinoa **N**



Couscous **N**



Teff  
(Eragrostis tef) **N**



(**N** = No Pain, **P** = Have Pain) selections from  
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## Seeds (all)

(Including those not mentioned below)

Pumpkin seeds   Sunflower seeds   Melon seeds   Lotus seeds



**N**



**N**



**N**



**N**

Coffee

**N**



Sesame seeds

**N**



Flaxseed

**N**



## Beans & Nuts

Beans + lentils

(All kinds, both dry & fresh)

**N**



Peanuts

**N**



Macadamia nuts

**N**



Hazelnuts

**N**



Almonds

**N**



Pistachios

**N**



Pecans

**N**



Pine nuts

**N**



Cashews

**P**



OK if already  
fell on ground  
naturally

Walnuts

**P**



Plus most nuts are **N**, if they fell off the tree naturally.



**(N = No Pain, P = Have Pain) selections from  
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## **Vegan Protein**

**Dry soy  
texture & powder**



**Dry wheat  
texture & powder**



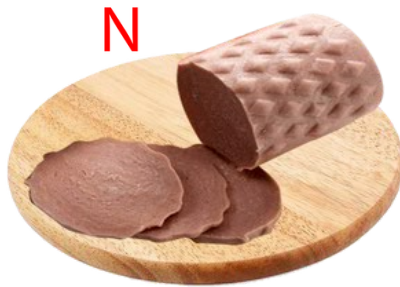
**Tofu**



**Tempeh**



**Vegan ham**



**Vegan sausages**



**Vegan seitan**  
(If made from foods on the  
No-pain foods list)



## **Oils & Fats**

**Flaxseed oil**



**Peanut oil**



**Sesame oil**



**Eucalyptus oil**



**Tea tree oil**



**Sunflower oil**



**Vegan butter**  
(No olive oil)



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## Condiments & Sweeteners

**Salt**

**N**



**Vegetable broth**  
(If made from foods on  
the No-pain foods list)

**N**



**Maggi-sauce**

**N**



**Soya-sauce**

**N**



**Beet sugar**  
(From sugar beet)

**N**



**Vegan cane sugar**  
(White, brown, caster,  
raw – in moderation)

**N**



**Agave juice/  
syrup**

**N**



**Honey**

**P**



## Pepper

**Poblano  
pepper**

**N**



**Jalapeño  
pepper**

**N**



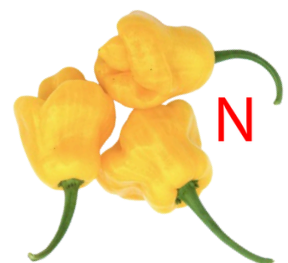
**Habanero  
pepper**

**N**



**Trinidad  
perfume pepper**

**N**



**Fresno  
pepper**

**N**



**Portugal hot  
pepper**

**N**



**Paprika  
pepper**

**N**



**Sweet banana  
pepper**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
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**Carmen  
pepper**



**Shishito  
pepper**



**Golden treasure  
pepper**



**Tequila sunrise  
pepper**



**Jimmy  
nardello pepper**



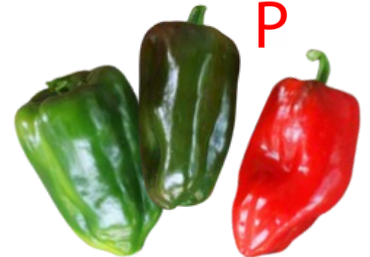
**Hot Fajita  
pepper**



**Mocha swirl  
pepper**



**Buran pepper**



**Tangerine  
dream pepper**



**Tolli's sweet  
Italian pepper**



**Sheepnose  
pimento pepper**



**Cherry stuffer  
hybrid pepper**



**Slovana  
pepper**



**Peppigrande  
pepper**



**Pequin pepper**



**Aji Amarillo  
pepper**



**Italia pepper**



**Cayenne  
pepper**



**Nibbler pepper**



(**N** = No Pain, **P** = Have Pain) selections from  
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Piri Piri pepper



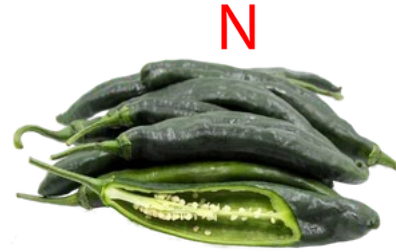
Serrano pepper



Tepin pepper



Chilaca pepper  
(Also called Pasilla  
pepper when dried)



Aleppo pepper



Chili de Arbol  
pepper



Aji Mango  
pepper



Banana Chili  
pepper



Thai chili pepper



Peppercorns  
(including black pepper)



Sichuan peppercorn



Mirasol pepper



Wiri Wiri pepper



Dried Cascabel Chile  
Pepper (Bola Chile)



Anaheim pepper



Cascabel Chile  
Pepper (Bola Chile)



Scotch bonnet pepper





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## Vegetables

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**Chicory**



**Chinese broccoli**



**Tatsoi**



**Swiss chard**  
(All other types)



**Collard greens**



**Rhubarb**



**Romaine lettuce**



**Bok choy**  
(White stem)



**Cress**



**Watercress**



**Water spinach**



**Stinging nettle**



**Rocket (Arugula)**





**(N = No Pain, P = Have Pain) selections from  
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**Chinese  
cabbage**



**Radicchio**



**Endive**



**Wild  
mustard**



**Mustard  
greens**



**Mustard  
leaves**



**Artichokes**



**Seaweed**



**Dandelion**  
(All colors and the roots)



**(N = No Pain, P = Have Pain) selections from  
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**Arrowroot**



**Taro**



**Potatoes & Sweet potatoes  
(All other types)**



**Ginseng**



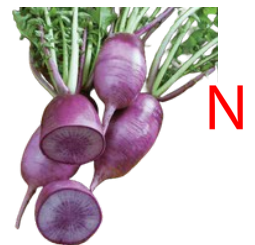
**Kohlrabi**



**Radishes  
(Except purple daikon)**



**Purple daikon  
radish**



**Beetroot**



**Sprouts  
(All)**



**Including young sprouts of coriander, soya  
beans, pumpkin seeds, etc. N**

**Plus onions & garlic. N**



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## Herbs & Spices

Parsley



Sage



Marjoram



Cilantro



Spearmint



Dill



Vietnamese coriander  
(Rau răm)



Sawtooth  
coriander  
(Ngò gai)



Fish mint  
(Diếp cá)



Piper lolot



Violet shiso  
(Tía tô)



Asparagus  
setaceus



Anredera cordifolia  
(Madeira vine)



Rice paddy herb  
(Ngò ôm/Ngõ)



Coronarrium linn  
(Tần ô)



Thai Basil  
(Húng quế)



Cardamom



Star anise



Cloves



Coriander  
seeds & powder



Cumin seeds  
& powder





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## Gourd family

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**Red Kabocha  
squash**



**Hubbard  
squash**



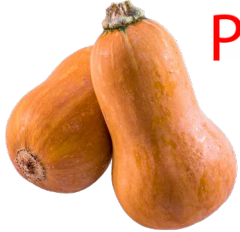
**Turban squash**



**White acorn  
squash**



**Honeynut squash**



**Red Kuri squash**



**Sweet dumpling  
squash**



**Carnival squash**



**Delicata  
squash**



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## Pea family

---

**Italian flat  
bean**



**Pole flat  
bean**



**Romano flat  
bean**



**Snow peas**



**English peas  
(Garden peas)**



**Sugar snap peas**



**Runner flat beans**



(**N** = No Pain, **P** = Have Pain) selections from  
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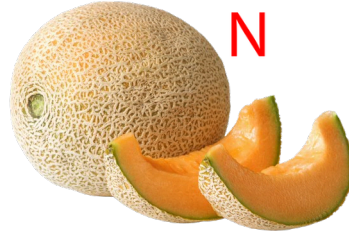
## All Melons

(Including those not mentioned below)

**Watermelon**



**Cantaloupe melon**



**Galia melon**



**Canary melon**



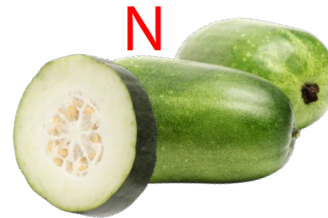
**Charentais melon**



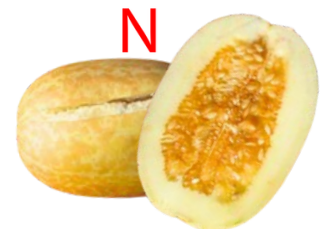
**Honeydew melon**



**Winter melon**



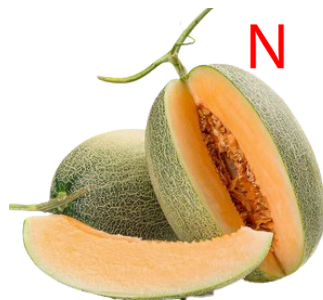
**Snap melon**



**Santa Claus melon**



**Hami melon**



**Casaba melon**



**Crenshaw melon**



**Horned melon**



**Bailan melon**



**Bitter melon**



Citrus fruits (without the stem or any parts of the stem, such as the fruit head attached to the stem, except for some oranges & lemons)



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

## Fruits

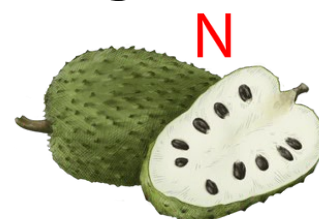
Tangerine



Longan



Lychee

Soursop  
(Mãng cầu xiêm)

Pomelo



Passion fruit



Star fruit

Palm dates  
(if ripe)Gac fruit  
(Trái gấc)Cluster fig  
(Trái sung)Noni  
(Trái nhàu)

Apricot



Purple plum



White plum



Red peach



♥ Plus some berries, if they come easily off the bush, and any fruits that fell naturally off the tree.

Please note: This is not a complete list.

Rough rule: If a plant's body consists mostly of water or fiber, it is most likely painless – with some exceptions.



**(N = No Pain, P = Have Pain) selections from**

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**———— More No-Pain/Have-Pain Foods ————**

**Cactus Syrup/ Cactus Sugar  
(made from prickly pear cactus)**



**N**

**Jicama (củ đậu)**



**P**

**Gourd**



**N**

**Sapodilla**



**N**

**Custard Apple**

**N**



**Langsat**

**N**

**Tamarind (Tamarindus indica)**



**N**

**Persimmon**

**N**



**(N = No Pain, P = Have Pain) selections from**

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**Hala tree fruit**

**N**



**Prickly Pear**

**N**



**Pouteria lucuma**

**P**



**Pitaya (dragon fruit)**

**N**



**Hog plum**

**N**



**N**

**Lotus root**



**Fennel fronds**

**N**





**(N = No Pain, P = Have Pain) selections from**

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**Okra**    **N**



**Salsify**    **N**



**Chayote**

**N**



**Breadfruit (Artocarpus altilis)**

**N**



**Bamboo shoots**

**P**



**Goji Berry (Wolfberry)**

**N**



**Star Apple (Vú sữa)**

**N**



**Pomegranate**

**N**





**(N = No Pain, P = Have Pain) selections from**

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**Bell fruit (Water apple)**



**N**

**Chinese jujube  
(or Chinese date)**



**N**

**Vietnamese apple (táo Hà  
Nội)/ or Indian jujube**



**N**

**Lemon grass**



**N**

**Vegan chocolate and Cacao**



**N**

**Water caltrop (Củ ấu)**



**N**

**Aloe vera**

**N = no pain**

**Eleocharis dulcis (water chestnut)**



**N**



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Peppermint/ Peppermint oil

**P**



**Maple syrup**



**P**

Yardlong bean (Asparagus bean)



**N= no pain**



**Palmyra Palm (Borassus flabellifer)**



**P**

**Basil**

**Genovese Basil**



no pain (= N)

**N'**

**Mammoth Basil**



**N**

**Holy Basil (Tulsi)**



**N**

**Lemon Basil**



**N**



(**N** = No Pain, **P** = Have Pain) selections from

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**Lime Basil**



**Dark Opal Basil**



**P**  
(= have PAIN )

**Purple Ruffles Basil**



**African Blue Basil**  
(*Ocimum kilimandscharicum*)



**Spicy Globe Basil**  
(*Ocimum basilicum*)



**Christmas Basil**

**N**



**Camphor Basil**



**Clove Basil (*Ocimum gratissimum*)**

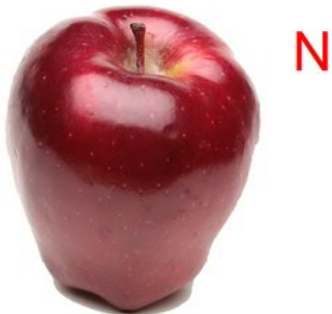




(N = No Pain, P = Have Pain) selections from  
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Apples

Red Delicious apple



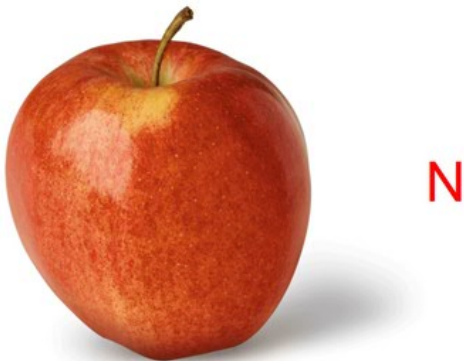
N

Granny Smith apple



N

Gala apple



N

Fuji apple



N

Golden Delicious apple



N

Honeycrisp apple



N

McIntosh apple



P

Braeburn apple



P

(**N** = No Pain, **P** = Have Pain) selections from

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**Pink Lady apple**



**N**

**Jonagold apple**



**N**

**Cortland apple**



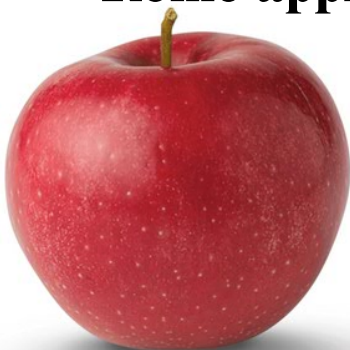
**P**

**Empire apple**



**P**

**Rome apple**



**P**

**Ambrosia apple**



**N**

**Jonathan apple**



**P**

**Cox's Orange Pippin apple**



**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Elstar apple**



P

**Jazz apple**



P

**Gingergold apple**



N

**Idared apple**



N

**Cosmic Crisp apple**



P

**Opal apple**



N

**Envy apple**



N

**Mila Zagoras Piliou apple**

N



(**N** = No Pain, **P** = Have Pain) selections from  
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Grapes

---

Thompson Seedless  
(Sultana) grapes



N

Kyoho grapes



N

Red Globe grapes



N

Crimson Seedless grapes



P

Flame Seedless grapes



N

Muscat of Alexandria grapes



N

Almeria (Ohanez) grapes



N

Niagara grapes



N



(**N** = No Pain, **P** = Have Pain) selections from

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Concord grapes



**P**

Black Corinth grapes



**N**

Cardinal grapes



**P**

Ribier  
(Black Monukka) grapes



**P**

Italia grapes



**N**

Muscat of Hamburg grape



**N**

Sweet Jubilee grape s



**N**

Pione grapes



**P**

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Superior Seedless  
(Sugraone) grapes**



**N**

**Ruby Seedless grapes**



**N**

**Himrod grapes**



**N**

**Sweet Sapphire  
(Moon Drop) grapes**



**P**

**Autumn Royal grapes**



**N**

**Cotton Candy grapes**



**N**

**Menindee Seedless grapes**



**N**

**Midnight Beauty grapes**



**P**



(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Cabernet Sauvignon grapes**

**N**



**Merlot grapes**

**N**



**Airén grapes**

**N**



**Tempranillo grapes**

**P**



**Chardonnay grapes**

**N**



**Syrah/Shiraz grapes**

**P**



**Grenache grape  
(Garnacha Tinta) grapes**

**N**



**Sauvignon Blanc grapes**

**P**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Trebbiano Toscano  
(Ugni Blanc) grapes



N

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## Teas

---

Twinnings Earl Grey tea



N

Harney & Sons Earl Grey  
Supreme tea



N

Bigelow Earl Grey tea



N

Twinnings English Breakfast tea



N

PG Tips English Breakfast tea



N

Taylors of Harrogate  
Yorkshire tea



P



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Barry's Tea Gold



N

Twinings Irish Breakfast tea



N

Numi Organic Golden Chai tea



P

Twinings Darjeeling tea



N

Harney & Sons Darjeeling tea



N

Taylor's of Harrogate Assam tea



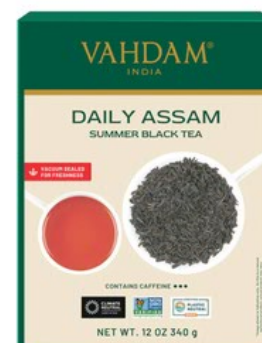
N

Harney & Sons Organic Assam tea



N

Vahdam Daily Assam tea



N

(**N** = No Pain, **P** = Have Pain) selections from

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**Harney & Sons  
Lapsang Souchong tea**



**N**

**Taylors of Harrogate  
Lapsang Souchong tea**



**N**

**Dilmah Premium Ceylon tea**



**N**

**Twinings Pure Ceylon tea**



**N**

**Harney & Sons  
Russian Country tea**



**N**

**Twinings Russian Caravan tea**



**N**

**Twinings Keemun tea**



**N**

**Harney & Sons Hao Ya "A"  
Keemun tea**



**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Xiao Zhong tea**



**Yunnan Da Ye tea**



**Yabukita tea**



**Saemidori tea**



**Okumidori tea**



**Long Jing (Dragon Well)  
Qunti tea**



**Long Jing (Dragon Well)  
#43 tea**



**Long Jing (Dragon Well)  
Jiukeng tea**



**(N = No Pain, P = Have Pain) selections from  
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**Twinings Jasmine Green Tea**



**Harney & Sons  
Jasmine Green Tea**



**Aiya Matcha green tea**



**Ippodo Matcha green tea**



**Ito En Genmaicha green tea**



**Yamamotoyama Genmaicha  
green tea**



**Twinings Gunpowder Green Tea**



**Numi Gunpowder Green Tea**



(**N** = No Pain, **P** = Have Pain) selections from  
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Ito En Sencha tea



Ippodo Sencha tea



Ippodo Hojicha tea



Hojicha Co. Hojicha tea



Bigelow Oolong Tea



Twinings Pure Oolong Tea



Harney & Sons Formosa Oolong tea



JusTea Purple Leaf Tea





(**N** = No Pain, **P** = Have Pain) selections from  
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**Twinings Pure White Tea**



**Teavivre Huo Shan Huang Ya Yellow Tea**



**Harney & Sons Junshan Yinzhen Yellow Tea**



**Numi Emperor's Pu-erh tea**



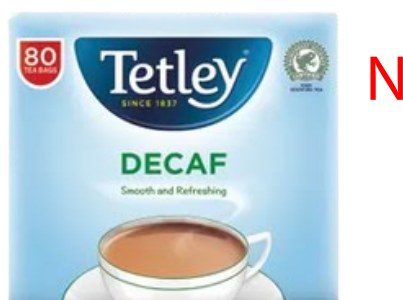
**Teavivre Ripened Cube Tuocha Pu-erh Mini Brick**



**Tetley Original tea**



**Tetley Decaf tea**



**Tetley Pure Green Tea**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Tetley Jasmine Green Tea**



**N**

---

**Oranges**

---

**Bergamot orange**



**N**

**Cara Cara orange**



**P**

**Moro Blood Orange**



**P**

**Sanguinello Blood Orange**



**N**

**Tarocco Blood Orange**



**N**

**Jaffa orange**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Lima orange**



**Bahia Navel orange**



**Fukumoto Navel orange**



**Lane Late Navel orange**



**Washington Navel orange**



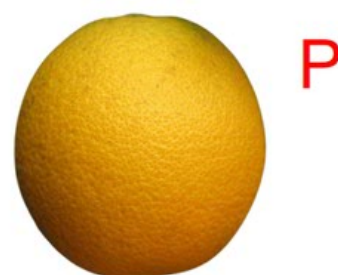
**Seville orange**



**Valencia orange**



**Campbell nucellar  
Valencia orange**





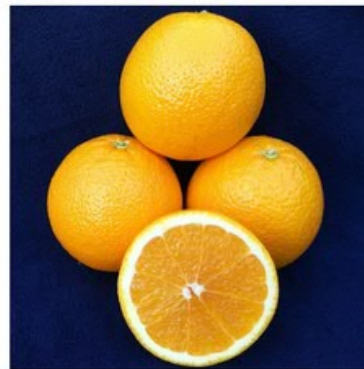
(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Delta Valencia orange



**N**

Midnight Valencia orange



**P**

Clemenules (Nules) mandarin



**N**

Miho satsuma



**P**

Owari satsuma



**N**

Orlando tangelo



**N**

Minneola tangelo



**N**

Dancy tangerine



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Ponkan tangerine

**N**



---

## Herbs/Herbal Teas

---

Alfalfa (*Medicago sativa*)



**N**

Aniseed



**N**

Archangelica root

**N**



Ashwagandha root

**N**



Common barberry

**N**



Holly-leaved barberry  
(Oregon Grape)

**N**





**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Indian barberry**



**N**

**Chinese bayberry (Yumberry)**



**N**

**Northern bayberry**



**N**

**Southern bayberry  
(Wax myrtle)**



**N**

**Bay leaf**



**N**

**Scarlet bee balm**



**N**

**Purple bee balm  
(Wild bergamot)**



**N**

**Betony (purple, white)**



**N**



**N**



(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Black cohosh**



**N**

**Bloodroot**



**P**

**German chamomile**



**N**

**Roman chamomile**



**N**

**Indian Chrysanthemum (yellow, white)**

**N**



**N**



**Ju Hua (Chrysanthemum x morifolium)  
(purple, orange, pink, red, yellow, white)**

**N**



**N**



**N**



**N**



**N**



**N**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Common daisy (white, pink, yellow, red)**

**NN**



**N**



**N**



**N**



**Cinnamon**

**P**



**Echinacea purpurea  
(Purple coneflower)**

**N**



**American elderberry**

**N**



**European elderberry**

**N**





**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Female Ginseng (*Angelica sinensis*)**



**N**

**Fenugreek**



**N**

**Guarana**



**N**

**Hibiscus sabdariffa (Roselle)**



**N**

**Mountain honeybush  
(*Cyclopia intermedia*)**



**N**

**Hyssop**



**N**

**English lavender  
(True lavender)**



**N**

**Lemon balm**



**N**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Lemon verbena  
(Lemon beebrush)**



**Licorice**



**Common Lime  
(unrelated to the fruit)**



**Bigleaf linden (Broad-leaved lime)**



**Littleleaf linden  
(Small-leaved lime)**



**Lovage**



**Moringa oleifera  
(Drumstick tree)**



**Myrica gale (Sweet gale)**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Nutmeg**



**N**

**Oregano**



**N**

**Pot marigold**



**N**

**Rooibos**



**N**

**Beach rosehip (Rosa rugosa)**



**N**



**N**

**Dog rosehip (Rosa rugosa)**



**N**



**N**

**Chinese sarsaparilla**



**N**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Honduran sarsaparilla**



**N**

**Jamaican sarsaparilla**



**N**

**Mexican sarsaparilla**



**N**

**Blue skullcap**



**N**

**St. John's wort**



**N**

**French tarragon**



**N**

**Mexican tarragon**



**N**

**Russian tarragon**



**N**

**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Yerba mate tea**



**N**

---

## **Mangoes**

---

**Alphonso mango**



**N**

**Amrapali**



**N**

**Anwar Ratol**



**N**

**Ataulfo (Honey or Champagne) mango**



**N**

**Banganapalli (Safeda) mango**



**N**

**Badami mango**



**N**



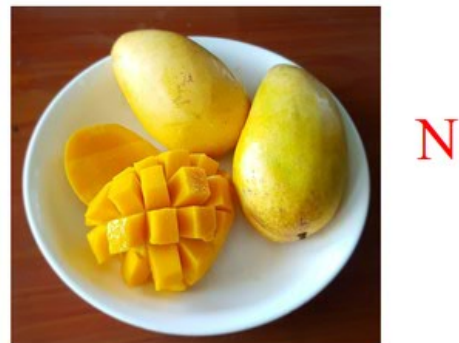
(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

Cát Hòa Lộc mango



Carabao (Manila Super Mango)



Chaunsa mango



Chok Anan mango



Dasheri mango



Gedong Gincu mango



Glenn mango



Golek mango



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Haden mango**



**Harumanis mango**



**Himsagar mango**



**Irwin mango**



**Julie mango**



**Katchamita mango**



**Keitt mango**



**Kent mango**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Keo Savoy mango**



**Kesar mango**



**Langra mango**



**Madame Francis mango**



**Maha Chanok mango**



**Mallika mango**



**Nam Dok Mai mango**



**Neelum mango**



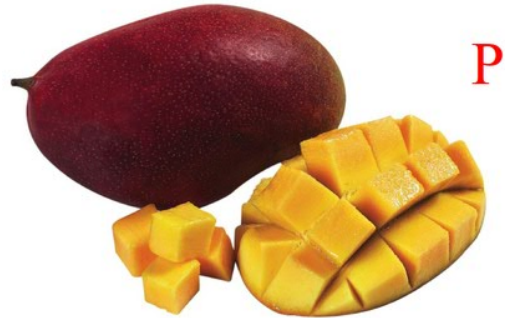
(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Osteen mango**



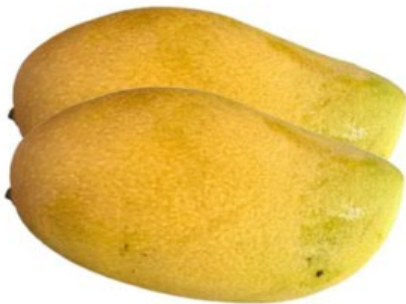
**P**

**Palmer mango**



**P**

**Pico mango**



**N**

**Raspuri mango**



**N**

**Sindhri mango**



**N**

**Tommy Atkins mango**



**P**

**Totapuri mango**



**N**



(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)

Berries

Acai berry



P

Blackberry



P

Boysenberry



P

Cranberry



N

Currant (white, black, red)



N

N

P

Dewberry



P

American gooseberry



N

N

Cape gooseberry  
(Peruvian ground cherry)



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**European gooseberry**



**N**

**Indian gooseberry (Amla)**



**N**

**Loganberry**



**N**

**Mulberry**



**P**

**Pineberry**



**N**

**Bluecrop blueberry**



**N**

**Chandler blueberry**



**P**

**Duke blueberry**



**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Emerald blueberry**



**P**

**Jewel blueberry**



**N**

**Legacy blueberry**



**N**

**Misty blueberry**



**N**

**O'Neal blueberry**



**P**

**Snowchaser blueberry**



**N**

**Ventura blueberry**



**N**

**Wild blueberry**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Black raspberry**



**Dwarf raspberry**



**Purple raspberry**



**Yellow raspberry**



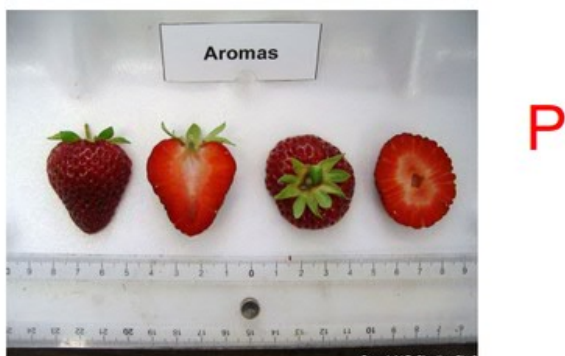
**Tamarillo**



**Albion strawberry**



**Aromas strawberry**



**Camarosa strawberry**





**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

**Chandler strawberry**



**N**

**Elsanta strawberry**



**N**

**Festival strawberry**



**N**

**Honeoye strawberry**



**N**

**Korona strawberry**



**N**

**Monterey strawberry**



**N**

**San Andreas strawberry**



**N**

**Seascape strawberry**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Sweet Charlie strawberry**



**N**

---

## **Lemons**

---

**Assam (Kaji Nemu) lemon**



**N**

**Bearss lemon**



**N**

**Citron de Menton lemon**



**P**

**Common Femminello lemon**



**N**

**Dorshapo lemon**



**P**

**Eureka lemon**



**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Genoa lemon



N

Interdonato lemon



N

Kagzi lemon



N

Lemonade lemon



N

Mediterranean Sweet Lemon  
(Limetta)



N

Amalfi Coast lemon



N

Lisbon lemon



N

Meyer lemon



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Monachello lemon



N

Palestine Sweet Lime



N

Perrine lemon



P

Ponderosa lemon



P

Primofiori (Fino or Mesero)  
lemon



N

Santa Teresa lemon



N

Siracusa lemon



N

Variegated Pink lemon



N



(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Verna (Berna) lemon**



**P**

**Villafranca lemon**



**N**

**Yen Ben lemon**



**N**

---

## **Coconuts**

---

**Brazilian Green Dwarf coconut**



**N**

**Chandralaksha coconut**



**N**

**Chowghat Green Dwarf coconut**



**N**

**Chowghat Orange Dwarf coconut**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**COD Hybrid coconut**



**N**

**East Coast Tall coconut**



**N**

**Fiji Dwarf coconut**



**N**

**Hainan Tall coconut**



**N**

**Jamaican Tall coconut**



**N**

**King coconut**



**N**

**Laccadive Ordinary coconut**



**N**

**Macapuno coconut**



**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Malayan Green Dwarf coconut



N

Malayan Orange Dwarf coconut



N

Malayan Red (Golden) Dwarf coconut



N

Malayan Yellow Dwarf coconut



N

Maypan coconut



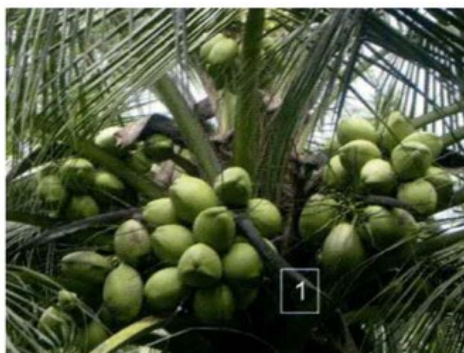
N

Panama Tall coconut



N

Sri Lanka Tall coconut



N

Thai Aromatic (Nam-hom) coconut



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Tiptur Tall coconut**



**N**

**Vanuatu Tall coconut**



**N**

**VHC1 coconut**



**N**

**WAT Hybrid (Mawa) coconut**



**N**

**West African Tall coconut**



**N**

**West Coast Tall coconut**



**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Pears

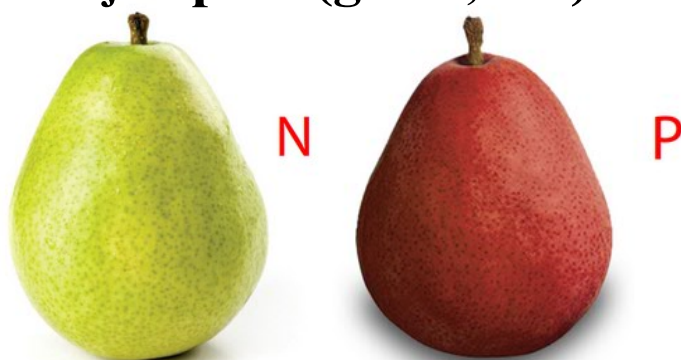
---

Abate Fetel pear



N

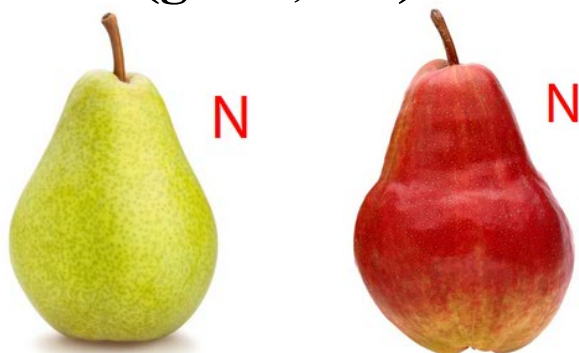
Anjou pear (green, red)



N

P

Bartlett (Williams) pear  
(green, red)



N

N

Bosc pear



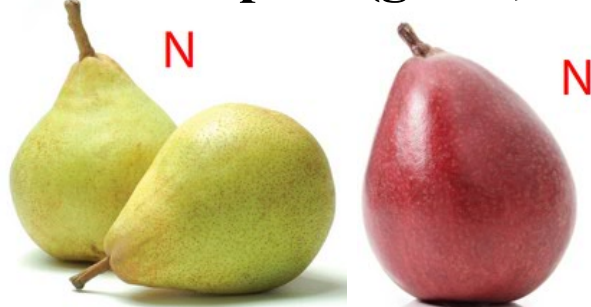
P

Chojuro pear



P

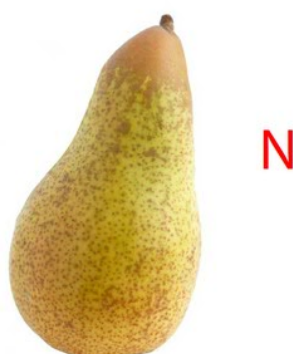
Comice pear (green, red)



N

N

Concorde pear



N

Conference pear



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Forelle pear



Hosui pear



Kosui pear



Niitaka pear



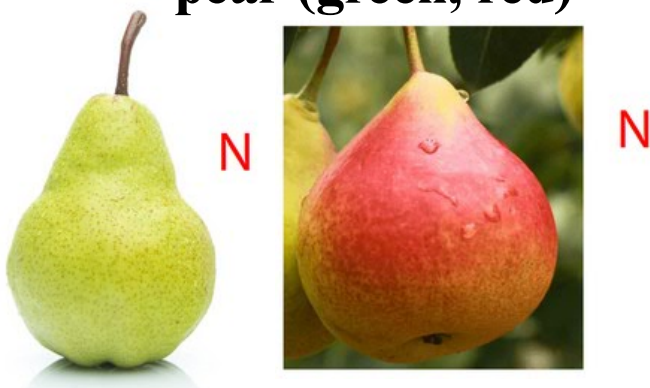
Nijisseiki pear



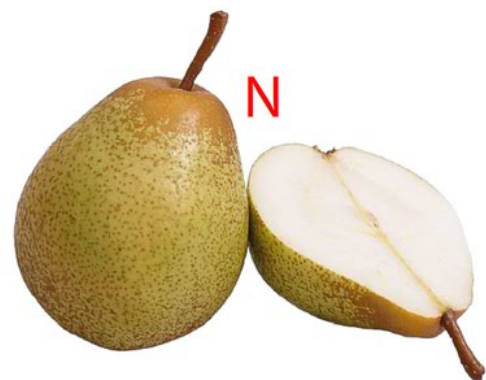
Olympic (Korean Giant) pear



Packham (Autumn Bartlett)  
pear (green, red)



Rocha pear





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

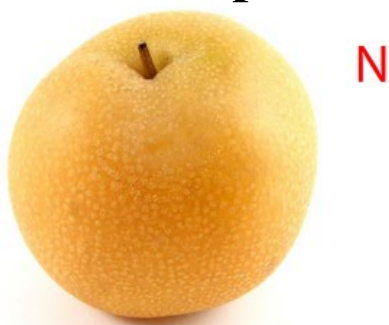
Seckel pear



Shinko pear



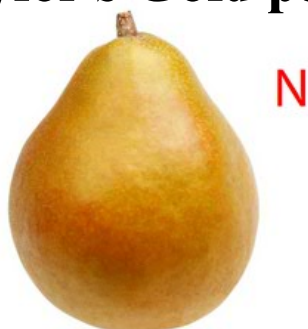
Shinseiki pear



Starkrimson pear



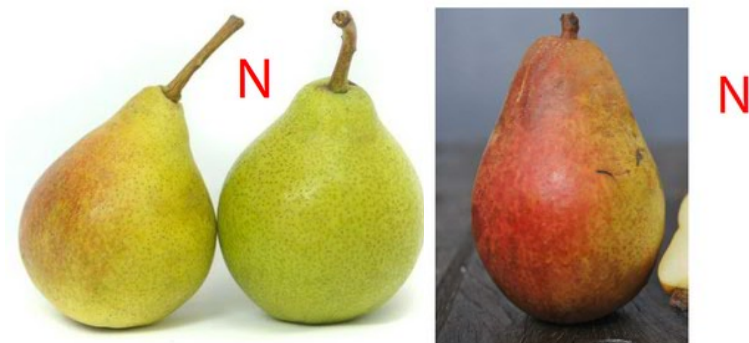
Taylor's Gold pear



Tse Li (Tsu Li) pear



Warren pear (green, red)



Ya Li pear



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Carrots**

---

**Atomic Red carrot**



**P**

**Bolero carrot**



**N**

**Chantenay carrot**



**N**

**Creme de Lite carrot**



**N**

**Danvers 126 carrot**



**N**

**Danvers Half Long carrot**



**N**

**Deep Purple carrot**



**P**

**Imperator 58 carrot**



**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Imperator Long carrot**



**N**

**Kuroda Nova carrot**



**N**

**Lunar White carrot**



**N**

**Mokum carrot**



**N**

**Napoli carrot**



**N**

**Nelson carrot**



**N**

**Paris Market carrot**



**N**

**Purple Haze carrot**



**P**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Pusa Rudhira Red carrot**



**N**

**Romance F1 carrot**



**N**

**Scarlet Nantes carrot**



**N**

**Solar Yellow carrot**



**N**

**Sugarsnax 54 carrot**



**N**

**White Satin carrot**



**N**

**Yaya carrot**



**N**

**Yellowstone carrot**



**P**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Chives**

---

**Fine Leaved common chives**



**N**

**Polyvert common chives**



**N**

**Purly common chives**



**N**

**Staro common chives**



**N**

**Chinese Flat Leaf garlic chives**



**N**

**Heirloom garlic chives**



**N**

**Geisha garlic chives**



**N**

**Nira garlic chives**



**P**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Pineapples**

---

**Cabezona pineapple**



**N**

**Del Monte Gold pineapple**



**N**

**Honeyglow pineapple**



**N**

**Josapine pineapple**



**p**

**Kew pineapple**



**N**

**Maipure pineapple**



**N**

**Maui Gold pineapple**



**N**

**MD-2 pineapple**



**N**



(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Natal Queen pineapple**



**N**

**Pernambuco pineapple**



**P**

**Pérola pineapple**



**N**

**Precious Honeyglow pineapple**



**N**

**Queen Victoria pineapple**



**N**

**Red Spanish pineapple**



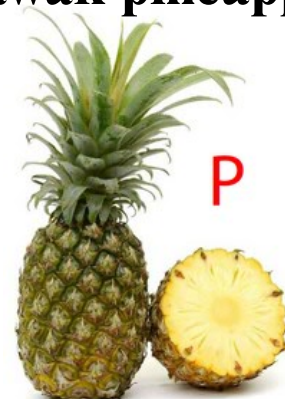
**P**

**Rubyglow pineapple**



**N**

**Sarawak pineapple**



**P**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Smooth Cayenne pineapple**



**N**

**Sugarloaf pineapple**



**P**

**Tainung No. 17  
(Golden Diamond) pineapple**



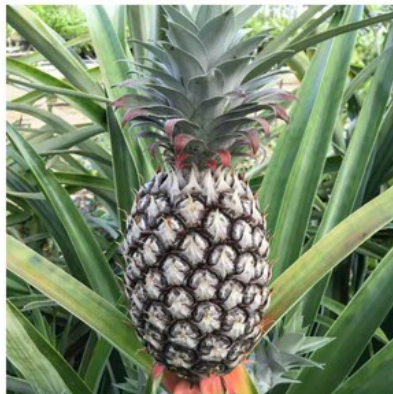
**N**

**Tainung No. 6 pineapple  
(Apple Pineapple)**



**P**

**White Jade pineapple**



**P**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai** (vegan)

Kiwis

Abbott kiwi



N

Allison kiwi



N

Ananasnaya kiwi



P

Boerica kiwi



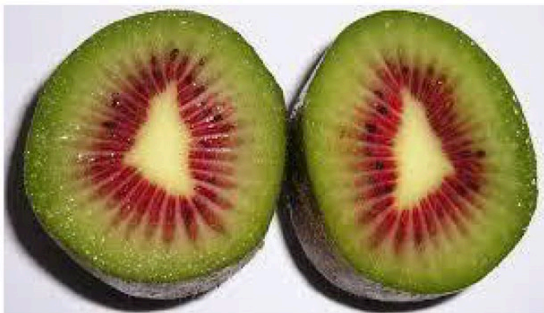
N

Bruno kiwi



N

Chuhong kiwi



P

Donghong kiwi



P

Hayward kiwi



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Hongyang kiwi**



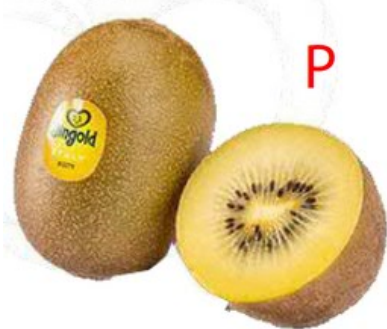
**P**

**Issai kiwi**



**N**

**Jintao kiwi**



**P**

**Jinyan kiwi**



**N**

**Ken's Red kiwi**



**P**

**Monty kiwi**



**N**

**Red Passion kiwi**



**P**

**Soreli Gold kiwi**



**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Vincent kiwi**



**N**

**Zespri RubyRed kiwi**



**P**

**Zespri SunGold kiwi**



**N**

---

## Plums

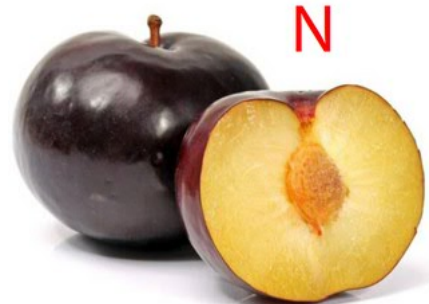
---

**Angelino plum**



**P**

**Black Amber plum**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Black Beauty plum**



**Black Ruby plum**



**Black Splendor plum**



**Burgundy plum**



**D'Agen plum**



**Damson plum**



**Dapple Dandy plum**



**Elephant Heart plum**





**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

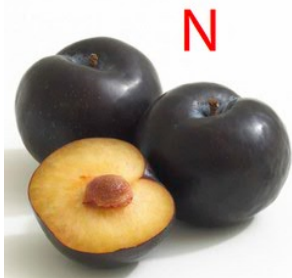
**Flavor King plum**



**Fortune plum**



**Friar plum**



**Greengage plum**



**Golden plum**



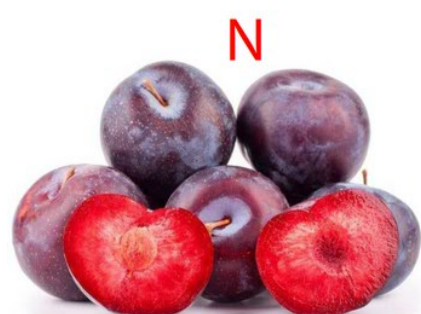
**Hiromi Red plum**



**Italian Prune plum**



**Methley plum**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Mirabelle plum**

**N**



**President plum**

**N**



**Red Beauty plum**

**N**



**Santa Rosa plum**

**N**



**Satsuma plum**

**N**



**Shiro plum**

**N**



**Simka plum**

**N**



**Stanley plum**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Victoria plum



**N**

---

## Kojis

---

Black koji



**p**

Red koji



**P**

White koji



**N**

Yellow koji



**p**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai** (vegan)

Rosemaries

Arp rosemary



N

Barbeque rosemary



N

Benenden Blue rosemary



N

Blue Boy rosemary



N

Common rosemary



N

Golden Rain rosemary



N



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Gorizia rosemary**



**Hill Hardy rosemary**



**Huntington Carpet rosemary**



**Irene rosemary**



**Majorca Pink rosemary**



**Miss Jessopp's Upright  
rosemary**



**Nancy Howard rosemary**



**Prostratus rosemary**



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

**Roman Beauty rosemary**



**N**

**Salem rosemary**



**N**

**Severn Sea rosemary**



**N**

**Spice Island rosemary**



**N**

**Tuscan Blue rosemary**



**N**

**White rosemary**



**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

## Zucchini

**Ambassador zucchini**



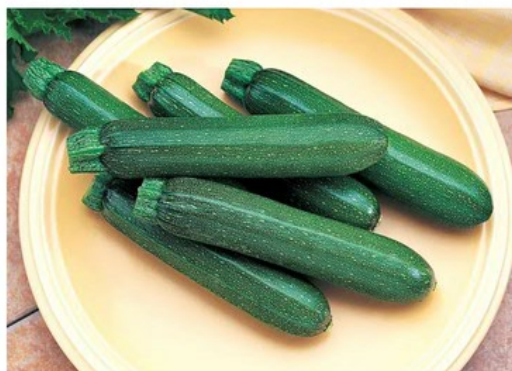
**N**

**Black Beauty zucchini**



**N**

**Cashflow zucchini**



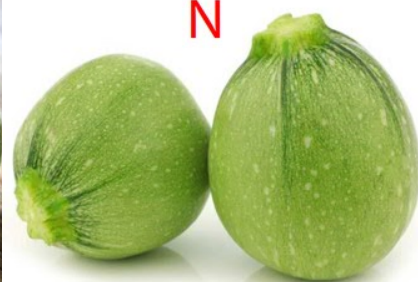
**N**

**Chappan Kaddu zucchini  
(dark green, light green)**



**N**

**N**



**Cocozelle zucchini**



**p**

**Dunja zucchini**



**N**

**Fordhook zucchini**



**N**

**Raven zucchini**



**N**

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Romanesco zucchini**



**Striato d'Italia zucchini**



---

## Summer Squashes

---

**Eight Ball squash  
(green, yellow)**



**Gold Rush squash**



**Golden Delight squash**



**Golden Egg squash**



**Golden Glory squash**



**Sebring squash**





**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Soleil squash**



N

**Pattypan squash  
(green, yellow)**



N

N

**Sunburst squash**



N

**Sunstripe squash**



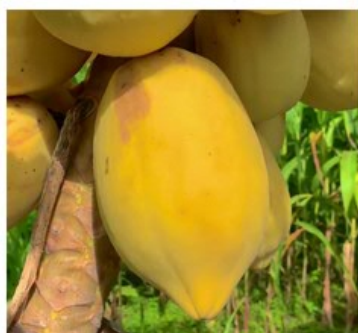
N

---

## Papayas

---

**Brazilian Golden papaya**



N

**Coorg Honey Dew papaya**



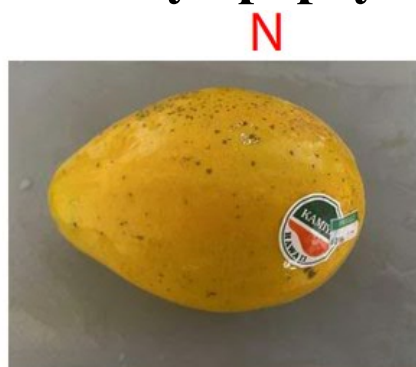
N

**Eksotika papaya**



N

**Kamiya papaya**



N

**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

**Maradol papaya**



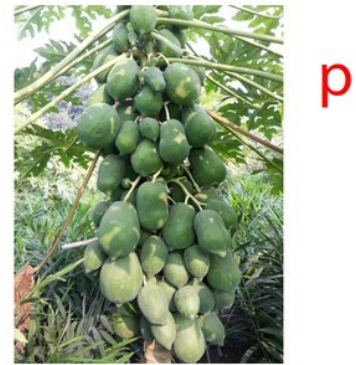
**Maradona papaya**



**Pusa Delicious papaya**



**Pusa Dwarf papaya**



**Pusa Giant papaya**



**Ranchi papaya**



**Red Lady papaya**



**Sekaki (Hong Kong) papaya**



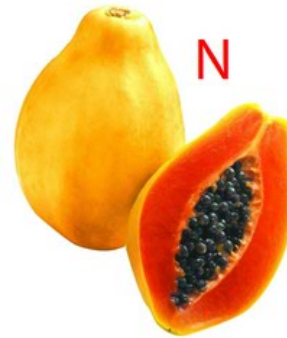


(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

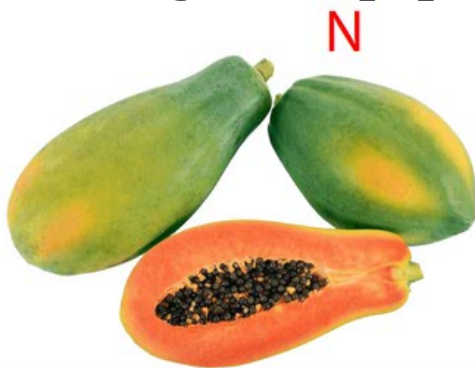
Sunrise Solo papaya



Sunset Solo papaya



Tainung No. 1 papaya



Tainung No. 2 papaya



TR Hovey papaya



N

---

## Burdocks

---

Greater burdock



Lesser burdock



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Woolly burdock**



**N**

---

**Mugworts**

---

**California mugwort**



**N**

**Chinese mugwort**



**N**

**Common mugwort**



**N**

**Japanese mugwort**



**N**

**White mugwort**



**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Parsnips**

---

**Albion parsnip**



**N**

**All American parsnip**



**N**

**Gladiator parsnip**



**N**

**Hollow Crown parsnip**



**N**

**Javelin parsnip**



**N**

**Tender and True parsnip**



**N**

**White Gem parsnip**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Peppers**

---

**Bell pepper**  
(red, green, yellow)



**Mulato Isleño pepper**



**Tabasco pepper**  
(red, yellow, orange)



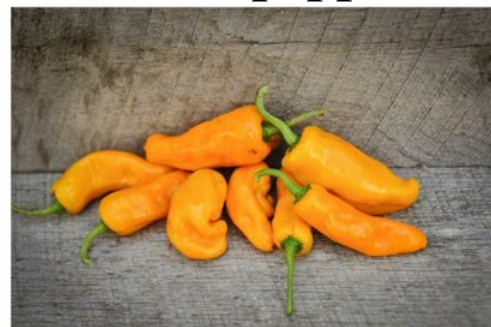
**Ghost pepper**



**Rocoto pepper**



**Datil pepper**



**Malagueta pepper**



**Guajillo pepper**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Guavas**

---

**Allahabad Safeda guava**



**N**

**Barbie Pink guava**



**N**

**Beaumont Pink guava**



**N**

**Crystal Seedless guava**



**N**

**Emperor (Tainung No. 1) guava**



**p**

**Hong Kong Pink guava**



**N**

**Ka Hua Kula guava**



**P**

**Kim Ju guava**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Lucknow-49 (Sardar) guava**



**N**

**Mexican Cream guava**



**N**

**Paluma guava**



**N**

**Pearl guava**



**N**

**Red Malaysian guava**



**P**

**Red Strawberry guava**



**p**

**Ruby Supreme guava**



**N**

**Thai White guava**



**N**



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

**Tropical White guava**



**N**

**Yellow Strawberry (Lemon) guava**



**N**

**Yilan Red Heart guava**



**N**

---

**Olives/Olive Oils**

---

**Pompeian Gourmet Selection  
Extra Virgin olive oil**



**N**

**Colavita "100% Greek" Extra  
Virgin olive oil**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

O-Live & Co Everyday  
Extra Virgin olive oil



N

Arbequina olives  
(common oils: Borges “Fruity”;  
Castillo de Canena “Reserva Familiar  
Arbequina”;  
Castillo de Canena “Biodynamic  
Arbequina”



N

Arbosana olives/olive oil



N



N

Ascolano olives/olive oil



N



N



N



N



N



(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

Ayvalik olives/olive oil



Cailletier olives/olive oil



Cerignola olives



Chalkidiki olives/olive oil



Cobrançosa olives/olive oil



Conservolea (Konservolia) olives (green, blonde, black)



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Coratina olives (common oil: Monini  
“Monocultivar Coratina”)**



N



N

**Cornicabra  
olives/olive oil**

N



N

**Empeltre olives/olive oil**

P



P

**Frantoio olives (common oil:  
Monini “Monocultivar Frantoio”)**

N



N

**Gaeta (Itrana) olives**

N



**Galega olives/olive oil**

N



N

**Gemlik olives/olive oil**

P



P

**Gordal Sevillana olives**

N





**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Hojiblanca olives/olive oil**



**Kalamata olives**



**Koroneiki olives (common oils: Minerva  
“Horio”; Terra Creta “Grand Cru”)**



**Leccino olives**



**Lucques olives/olive oil**



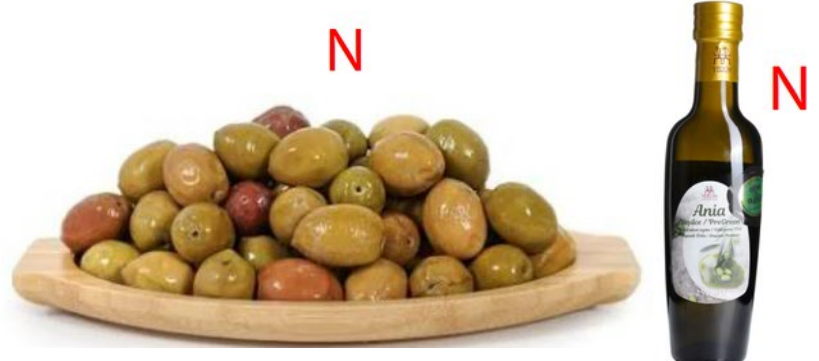
**Manzanilla olives/olive oil**



**Maurino olives/olive oil**



**Memecik olives/olive oil**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Mission olives/olive oil**



**Moraiolo olives/olive oil**



**Nocellara (Castelvetrano) olives  
(common oil: Monini  
“Monocultivar Nocellara”)**



**Pendolino olives/olive oil**



**Picholine olives/olive oil**



**Picual olives (common oils: Borges “Character”;  
Castillo de Canena “Reserva Familiar Picual”;  
Castillo de Canena “Biodynamic Picual”)**





**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

**Taggiasca olives/olive oil**



**Throumpa Thassou  
(Thasitiki) olives/olive oil**



**Verdial de Badajoz  
olives/olive oil**

**N**



**Verdial de Huévar  
olives/olive oil**

**N**



**Verdial de Vélez-Málaga  
olives/olive oil**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Durians**

---

**Arancillo durian**



**N**

**Black Thorn (D200) durian**



**N**

---

**Chanee (D123) durian**



**N**

**D101 durian**



**N**

---

**Golden Phoenix (D198) durian**



**N**

**IOI (D168) durian**



**N**

---

**Kanyao (D158) durian**



**N**

**Kradum Thong durian**



**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Matahari durian**



**N**

**Monthong (Golden Pillow/D159) durian**



**N**

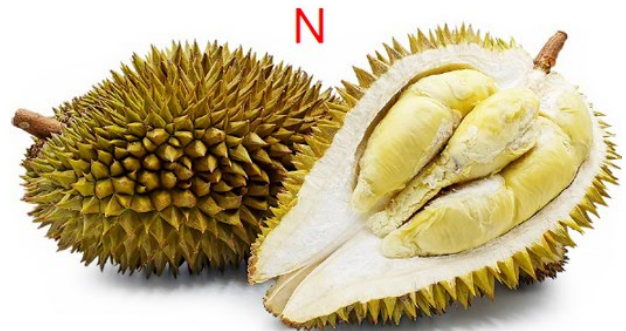
---

**Musang King (D197) durian**



**N**

**Petruk durian**



**N**

---

**Puang Manee durian**



**N**

**Puyat durian**

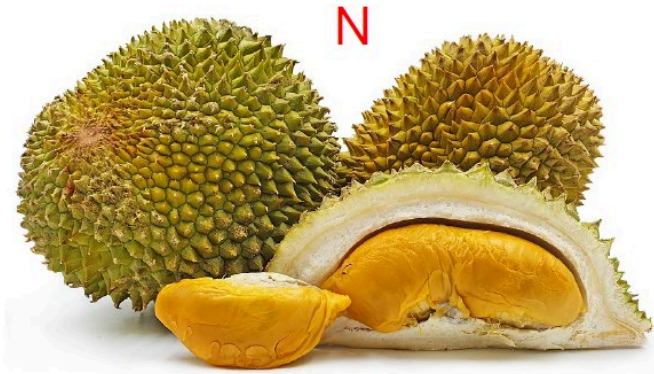


**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Red Prawn (D175) durian**



**Ri6 durian**



**Sitokong durian**



**Sultan (D24) durian**



**Tekka (D160) durian**



**XO (D24 variant) durian**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Jackfruits**

---

**Black Gold jackfruit**

**N**



**Cheena jackfruit**

**N**



---

**Cochin jackfruit**

**N**



**Dang Rasimi jackfruit**

**N**



---

**Dang Suria jackfruit**

**N**



**Eviarc Sweet jackfruit**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Golden Nugget jackfruit**

**N**



**Golden Pillow jackfruit**

**N**



**Honey Gold jackfruit**

**N**



**J31 jackfruit**

**N**



**Jaca Dura jackfruit**

**N**



**Jaca Mini jackfruit**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Jaca Manteiga jackfruit**

**N**



**Khun Wi Chan jackfruit**

**N**



**Mít Tổ Nữ  
(Female jackfruit)**

**N**



**Mít Thái  
(Thai jackfruit)**

**N**



**Nangka J29 jackfruit**

**N**



**Nangka J33  
(Tekam Yellow) jackfruit**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**NS1 jackfruit**

**N**



**Pathamuttam Red jackfruit**

**N**



**PLR-1 jackfruit**

**N**



**Red Rudrakshi jackfruit**

**N**



**Siddu Jack jackfruit**

**N**



**Yellow Rudrakshi jackfruit**

**P**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Ziman Pink jackfruit**

**N**



---

**Eggplants**

---

**Baluroi eggplant**



**N**

**Black Beauty eggplant**



**N**

---

**Cambodian Green Giant eggplant**



**N**

**Changfeng No. 2 eggplant**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Fairy Tale eggplant**



**N**

**Fengyuan Purple eggplant**

**N**



**Graffiti eggplant**

**N**



**Hang Zilong eggplant**

**P**



**Ichiban eggplant**

**N**



**Kaohsiung No. 2 eggplant**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

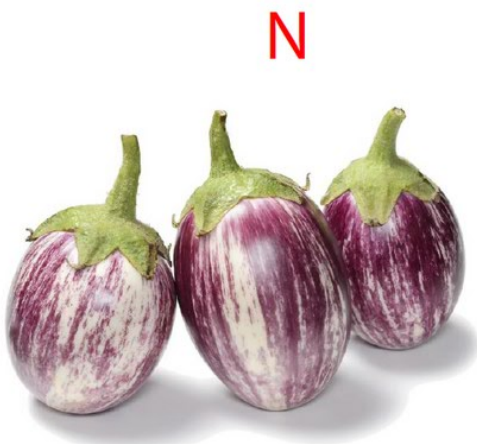
**Kermit eggplant**



**Kurume Long eggplant**



**Listada de Gandia eggplant**



**Nadia eggplant**



**Orient Charm eggplant**



**Orient Express eggplant**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Ping Tung Long eggplant**



**N**

**Pusa Purple Long eggplant**



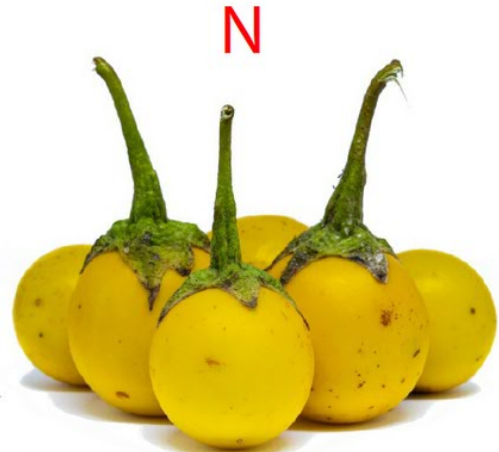
**N**

**Rosa Bianca eggplant**



**N**

**Thai Yellow eggplant**



**N**

**Turkish Delight eggplant**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Squashes**

---

**Honey Bear acorn squash**



**N**

**Sweet Reba acorn squash**



**N**

---

**Table Queen acorn squash**



**N**

**Tuffy acorn squash**



**N**

---

**Bonbon buttercup squash**



**N**

**Burgess buttercup squash**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Uncle David's Dakota Dessert  
buttercup squash**



**N**

**Barbara butternut  
squash**

**N**



**Butterbaby butternut  
squash**

**N**



**Early butternut  
squash**

**N**



**898 butternut  
squash**

**N**



**Pilgrim butternut  
squash**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Ponca butternut squash**

**N**



**Tahitian butternut squash**

**N**



**Waltham butternut squash**

**N**



**Ajihei green kabocha squash**

**N**



**Delica green kabocha squash**

**N**



**Ebisu green kabocha squash**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Kuriyutaka green kabocha squash**

**N**



**Tetsukabuto green kabocha squash**

**N**



**Hasta La Pasta spaghetti squash**

**N**



**Primavera spaghetti squash**

**N**



**Small Wonder spaghetti squash**

**N**



**Stripetti spaghetti squash**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Tivoli spaghetti squash**

**N**



**Vegetable spaghetti squash**

**N**



---

**Sugar Loaf Hessel squash**

**P**



---

**Corn**

---

**Bắp Mỹ corn**  
(American corn)



**N**

**Bắp nếp corn**  
(Glutinous corn)



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Cacahuacintle corn**

**N**



**Cuzco Gigante corn**

**P**



**Miwaku no (Gold Rush) corn**

**N**



**Golden Bantam corn**

**N**



**Honey Select Sweet corn**

**N**



**Heinuo corn**

**P**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Jubilee corn**

**N**



**Katumani corn**

**N**



**Kculli corn**

**P**



**Mirai corn (yellow, white, bicolor)**

**N**

**N**

**N**



**Nuo Mi Yu Mi glutinous corn**

**N**



**Olotillo Blanco corn**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai** (vegan)

---

Peaches and Cream corn

**N**



Reid's Yellow Dent corn

**P**



Silver Queen corn

**N**



Tuxpeño corn

**N**



Wapsie Valley corn

**P**





(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

---

**Mangosteens**

---

**Achacha mangosteen  
(Garcinia humilis)**

**N**



**Golden mangosteen  
(Garcinia dulcis)**

**N**



---

**Lemon Drop mangosteen  
(Garcinia intermedia)**

**N**



**Malaysian mangosteen**

**P**



---

**Mesta mangosteen**

**P**



**Philippine mangosteen**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Puspahiang mangosteen**

**P**



**Thai mangosteen**

**N**



---

**Vietnamese mangosteen**

**N**



---

**Rambutans**

---

**Binjai rambutan**

**N**



**Jitlee rambutan**

**N**





**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

---

**Lebak Bulus rambutan**

**N**



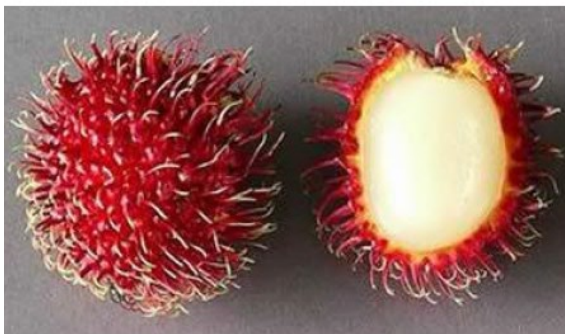
**Maharlika rambutan**

**N**



**R134 rambutan**

**N**



**R156 (Muar Gading)  
rambutan**

**N**



**R168 (Che Embong)  
rambutan**

**N**



**R170 (Deli Cheng)  
rambutan**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**R191 (Budak Setan)  
rambutan**

**N**



**Rapiah rambutan**

**N**



**Rongrien rambutan**

**N**



**Seematjan rambutan**

**N**



**Si Chomphu rambutan**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Bananas**

---

**Blue Java bananas**

**N**



**Burro bananas**

**N**



---

**Cuban Red (Red Dacca) bananas**

**N**



**Ducasse bananas**

**N**



---

**Dwarf Brazilian bananas**

**N**



**Dwarf Cavendish bananas**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**FHIA-17 bananas**

**N**



**Giant Cavendish bananas**

**N**



**Grand Nain bananas**

**N**



**Kluai Khai bananas**

**N**



**Kluai Nam Wa bananas**

**N**



**Lakatan bananas**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Latundan bananas

N



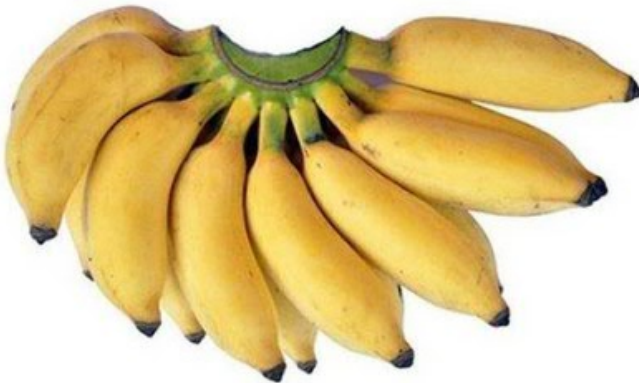
Manzano bananas

N



Mysore bananas

N



Namwa bananas

N



Nendran bananas

N



Orito bananas

N



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Pachanadan bananas

N



Pisang Beranagan bananas

N



Pisang Raja bananas

N



Poovan bananas

N



Prata bananas

N



Prata Anã bananas

N





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Robusta bananas**

**N**



**Saba bananas**

**N**



**Señorita bananas**

**N**



**Williams bananas**

**N**



---

**Cauliflowers**

---

**All the Year Round  
cauliflower**

**N**



**Alverda cauliflower**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Amazing cauliflower**

**N**



**Cheddar cauliflower**

**N**



**Clapton cauliflower**

**N**



**Early White Hybrid cauliflower**

**N**



**Fioretto cauliflower**

**N**



**Graffiti cauliflower**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Minaret cauliflower**

**N**



**Purple Cape cauliflower**

**P**



**Quickheart cauliflower**

**N**



**Sicilian Violet cauliflower**

**P**



**Snow Crown cauliflower**

**N**



**Snowball 16 cauliflower**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Snowball Y improved  
cauliflower**

**N**



**Sunset cauliflower**

**N**



**Veronica cauliflower**

**N**



**Wallaby cauliflower**

**N**



**White Corona  
cauliflower**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Cabbages**

---

**Brunswick  
green cabbage**

**N**



**Cannonball  
green cabbage**

**N**



---

**Charleston Wakefield  
green cabbage**

**N**



**Copenhagen Market  
green cabbage**

**N**



---

**Danish Ballhead  
green cabbage**

**N**



**Derby Day  
green cabbage**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Drumhead  
green cabbage**

**N**



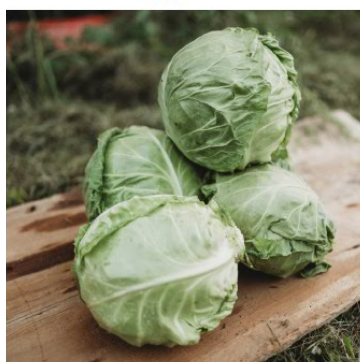
**Early Jersey Wakefield  
green cabbage**

**N**



**Golden Acre  
green cabbage**

**N**



**Jingfeng No.1  
green cabbage**

**N**



**K-Y Cross  
green cabbage**

**N**



**Late Flat Dutch  
green cabbage**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Primo II  
green cabbage**

**N**



**Snow Jade  
green cabbage**

**N**



**Star 3301  
green cabbage**

**N**



**Stonehead  
green cabbage**

**N**



**Sugarloaf  
green cabbage**

**N**



**Taichung No. 1  
green cabbage**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Mammoth Red Rock  
red cabbage**

**N**



**Red Acre  
red cabbage**

**P**



**Red Express  
red cabbage**

**N**



**Ruby Ball  
red cabbage**

**P**



**Ruby Perfection  
red cabbage**

**N**



**Chieftain  
savoy cabbage**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Deadon  
savoy cabbage**

**N**



**January King  
savoy cabbage**

**P**



**Savoy Ace  
savoy cabbage**

**N**



**Savoy King  
savoy cabbage**

**N**



**Savoy Perfection  
savoy cabbage**

**N**



**Tundra  
savoy cabbage**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Vertus  
savoy cabbage**

**P**



---

**Spinaches**

---

**Acadia spinach**

**N**



**Auroch spinach**

**N**



---

**Bloomsdale Long Standing  
spinach**

**N**



**Butterflay spinach**

**N**



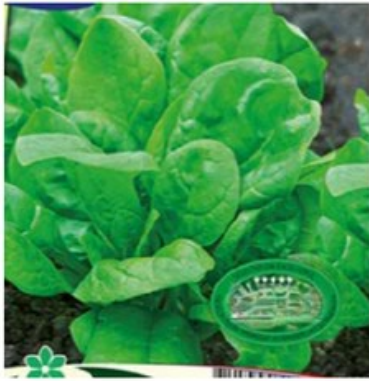


(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Columbia F1 spinach**

**N**



**Corvair spinach**

**N**



**Crocodile spinach**

**P**



**Emilia spinach**

**N**



**Flamingo Improved spinach**

**N**



**Gazelle spinach**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Giant Noble spinach**

**N**



**Giant Winter spinach**

**N**



**Hammerhead spinach**

**N**



**Lazio spinach**

**N**



**Matador (Viking) spinach**

**N**



**Merlo Nero spinach**

**P**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Norfolk spinach**

**N**



**Olympia spinach**

**N**



**Popeye F1 spinach**

**N**



**Red Kitten spinach**

**N**



**Red Snapper spinach**

**N**



**Regiment spinach**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Seaside spinach

N



Space spinach

N



Tyee spinach

N



Verdil spinach

N



Whale spinach

N





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Asparaguses**

---

**Apollo asparagus**

**N**



**Atlas asparagus**

**N**



---

**Backlim asparagus**

**N**



**Darzilla asparagus**  
(green, white)

**N**



**N**



---

**Erasmus asparagus**

**P**



**Gijnlim F1 asparagus**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Grande F1 asparagus

**N**



Jersey Giant  
asparagus

**N**



Jersey Knight  
asparagus

**N**



Jersey Supreme  
asparagus

**N**



Mary Washington  
asparagus

**N**



Millennium asparagus

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Mondeo asparagus

**N**



Pacific 2000 asparagus

**N**



Pacific Purple asparagus

**N**



Precoce d'Argenteuil  
asparagus

**N**



Purple Passion asparagus

**N**



Sunlim asparagus

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Tainan No. 4 asparagus

**N**



UC-157 asparagus

**N**



Violetto d'Albenga  
asparagus

**P**



---

## Avocados

---

Bacon avocado

**N**



Carmen-Hass avocado

**P**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Ettinger avocado

**N**



Fuerte avocado

**N**



Gem avocado

**P**



Choquette avocado

**N**



Gwen avocado

**N**



Hass avocado

**P**

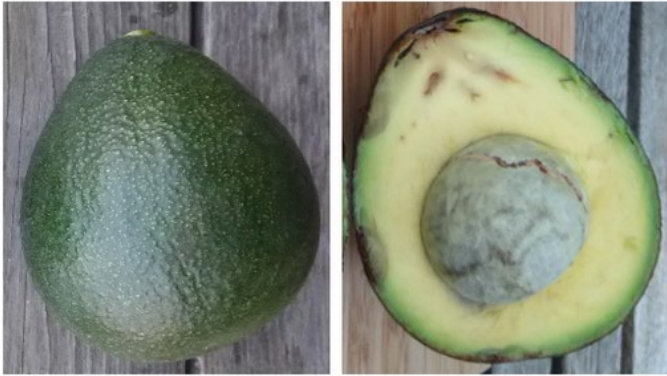


(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Holiday avocado

**N**



Jiaxuan No. 4 avocado

**P**



Lamb Hass avocado

**P**



Lula avocado

**N**



Maluma avocado

**P**



Mexicola avocado

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Mexicola Grande avocado

**N**



Pinkerton avocado

**P**



Qing Jin No. 1 avocado

**P**



Reed avocado

**N**



Sharwil avocado

**N**



Shepard avocado

**P**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Sir Prize avocado

**N**



Stewart avocado

**N**



Tainung No. 2 avocado

**N**



Wurtz (Little Cado)  
avocado

**P**



Zutano avocado

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Broccolis**

---

**Apollo broccoli**

**N**



**Arcadia broccoli**

**N**



---

**Aspabroc broccolini**

**N**



**Batavia broccoli**

**N**



---

**Belstar broccoli**

**N**



**Beneforté broccoli**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Burgundy broccoli**

**P**



**Calabrese Green Sprouting broccoli**

**N**



**Claret broccoli**

**P**



**De Ciccio broccoli**

**N**



**Diplomat broccoli**

**N**



**Early Purple Sprouting broccoli**

**P**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Eastern Magic broccoli**

**N**



**Fiesta F1 broccoli**

**N**



**Green Magic broccoli**

**N**



**Imperial broccoli**

**N**



**Ironman broccoli**

**N**



**Marathon broccoli**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Packman broccoli**

**N**



**Parthenon broccoli**

**N**



**Red Arrow broccoli**

**P**



**Rudolph broccoli**

**P**



**Santee F1 broccoli**

**N**



**Summer Purple broccoli**

**P**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Titanium broccoli**

**N**



**Waltham 29 broccoli**

**N**



---

**Celeries**

---

**Conquistador celery**

**N**



**Cornell 619 celery**

**N**



---

**Daybreak celery**

**N**



**Giant Red celery**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Golden Pascal  
(Winter King) celery**

**N**



**Golden Self-Blanching  
celery**

**N**



**Loretta celery**

**N**



**Samba celery**

**N**



**Tall Utah celery**

**N**



**Tango Hybrid celery**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Tendercrisp celery**

**N**



**Ventura celery**

**N**



**Victoria celery**

**N**



**杭州青芹**  
(Hangzhou Green celery)

**N**



**馬家溝芹菜**  
(Ma Jia Gou celery)

**N**



**台灣青骨種芹菜**  
(Taiwanese Green Bone celery)

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

台灣黃涵種芹菜  
(Taiwanese Yellow celery)

**N**



---

**Celeriacs**  
(Celery Roots)

---

**Alabaster celeriac**

**N**



**Brilliant celeriac**

**N**



---

**Diamant celeriac**

**N**



**Giant Prague celeriac**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Monarch celeriac**

**N**



**Prinz celeriac**

**N**



---

## Kales

---

**Beira Tronchuda kale**

**N**



**Blue Ridge kale**

**N**



---

**Couve Penca kale**

**N**



**Dwarf Blue Curled Scotch kale**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Lacinato (Nero di Toscana or  
Dinosaur) kale**

**N**



**Manteiga de Georgia  
kale**

**N**



**Premier (Early Hanover)  
kale**

**N**



**Red Russian (Ragged Jack)  
kale**

**N**



**Red Ursa kale**

**N**



**Redbor kale**

**P**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Scarlet kale

**N**



Starbor kale

**N**



Sukuma Wiki kale

**N**



Vates kale

**N**



Westlander kale

**N**



White Russian kale

**N**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

---

**Winterbor kale**

**N**



---

**Iceberg Lettuces**

---

**Crispino iceberg lettuce**

**N**



**Great Lakes 118  
iceberg lettuce**

**N**



---

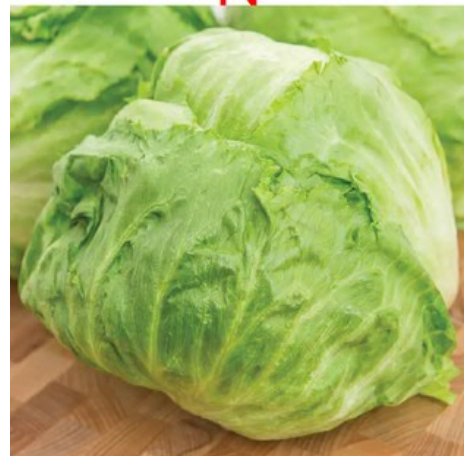
**Great Lakes 659  
iceberg lettuce**

**N**



**Ithaca iceberg lettuce**

**N**





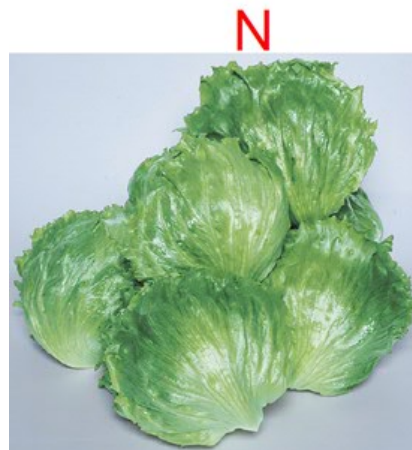
(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Laibacher Eis  
iceberg lettuce**



**Legacy iceberg lettuce**

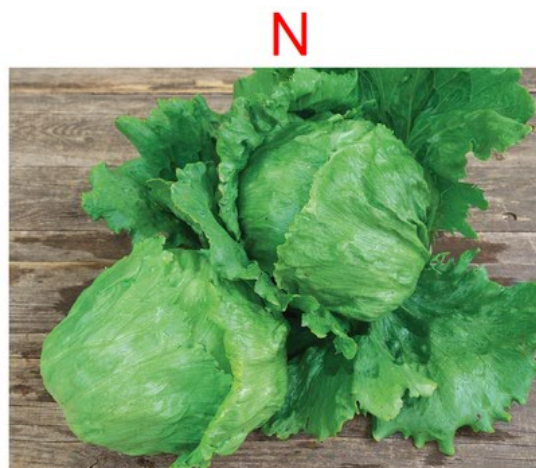


---

**Raider iceberg lettuce**



**Saladin iceberg lettuce**



---

**Salinas 88 iceberg lettuce**



**Somerset iceberg lettuce**



(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

---

Summertime  
iceberg lettuce

**N**



Webbs Wonderful  
iceberg lettuce

**N**



---

## Limes

---

Bearss lime

**N**



Blood lime

**P**



---

Calamansi lime

**N**



Faustrime lime

**P**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Florida Key lime

**N**



Hon yuzu lime  
(本ユズ本柚子)

**N**



Jeruk Limo lime

**N**



Kaffir (Makrut) lime

**N**



Kagzi lime

**N**



Ma Nao lime

**P**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Mexican Key lime**

**N**



**Mexican Thornless lime**

**N**



**Mosambi lime**

**N**



**Pink Ice Finger lime**

**P**



**Rangpur lime**

**N**



**Sudachi lime**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Tadanishiki yuzu lime  
(タダニシキ多田錦)

**N**



Tahiti lime

**N**



---

## Tomatoes

---

Alicante tomato

**N**



Beefmaster tomato

**N**



---

Better Boy tomato

**N**



Big Beef tomato

**P**



(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

Black Persimmon tomato  
(黑柿番茄)

**N**



Black Krim tomato

**P**



Black Prince tomato

**P**



Brandywine tomato

**N**



Campari tomato

**N**



Celebrity tomato

**P**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Cherokee Purple tomato

**P**



Early Girl tomato

**N**



Favorita tomato

**N**



Green Zebra tomato

**N**



Grosse Lisse tomato

**N**



Juliet tomato

**N**



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

---

**Kumato tomato**

**N**



**Momotaro tomato**

**N**



**Moneymaker tomato**

**N**



**Mountain Magic tomato**

**N**



**Pusa Ruby tomato**

**N**



**Rebelski tomato**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

San Marzano tomato

**N**



Santa tomato

**P**



Santorini tomato

**N**



Sungold tomato

**N**



Sunstream tomato

**N**



Super Sweet 100 tomato

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Sweet Hearts tomato

**N**



Tasti-Lee tomato

**N**



Trust tomato

**N**



Yu Nu tomato  
(玉女番茄)

**N**



---

## Brussels Sprouts

---

Catskill Brussels sprouts

**N**



Churchill Brussels sprouts

**N**





**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

---

**Dagan Brussels sprouts**

N



**Diablo Brussels sprouts**

N



**Divino F1 Brussels sprouts**

N



**Doric F1 Brussels sprouts**

N



**Franklin Brussels sprouts**

N



**Gladius Brussels sprouts**

N



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

---

**Groninger Brussels sprouts**

**N**



**Gustus Brussels sprouts**

**N**



**Hestia Brussels sprouts**

**N**



**Igor Brussels sprouts**

**N**



**Jade Cross  
Brussels sprouts**

**N**



**Long Island Improved  
Brussels sprouts**

**N**





**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

---

**Marte Brussels sprouts**

N



**Nautic Brussels sprouts**

N



**Red Bull Brussels sprouts**

N



**Redarling Brussels sprouts**

N



**Roodnerf Brussels sprouts**

N



**Ruby Crunch Brussels sprouts**

P



(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

---

**Rubine Brussels sprouts**

**P**



---

**Cucumbers**

---

**Armenian cucumber  
(pale green, striped)**

**N**



**Beit Alpha cucumber**

**N**



---

**Boston Pickling cucumber**

**N**



**Calypso cucumber**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Chinese Suyo Long cucumber**

N



**Darina cucumber**

N



**Excelsior cucumber**

N



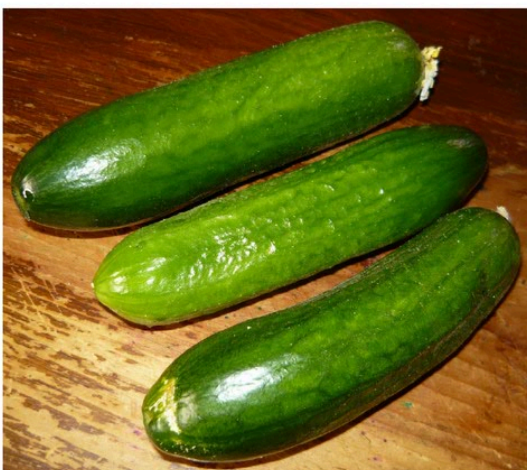
**Green Fingers  
Persian cucumber**

N



**Iznik F1 cucumber**

N



**Lemon cucumber**

N





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Manar cucumber**

N



**Natsu Fushinari cucumber**

N



**Picolino F1 cucumber**

N



**Poona Kheera cucumber**

N



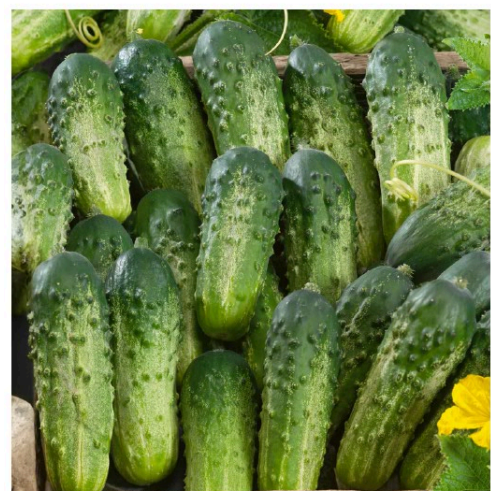
**Shintokiwa cucumber**

N



**Sumter cucumber**

N





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Telegraph Improved  
English cucumber**

**N**



**Tokiwa cucumber**

**N**



**Tyria F1 cucumber**

**N**



**White Wonder cucumber**

**N**



**Kaohsiung No. 4 cucumber**  
**高雄4號夏植小黃瓜**

**N**



**Show Green cucumber**  
**秀綠大黃瓜**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Gingers

---

Bamboo ginger  
(竹薑)

N



Calicut ginger

N



---

Greater Galangal ginger  
(大南薑)

N



Guang Dong ginger  
(廣東薑)

P



---

IISR-Varada ginger

N



Ing Makhir ginger

N





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Jahe Gajah ginger**

**N**



**Maran ginger**

**N**



**Nadia ginger**

**N**



**Rio de Janeiro ginger**

**N**



**Shandong Big ginger**  
(山東大薑)

**N**



**Suprabha ginger**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Suruchi ginger

N



Tafin Giwa ginger

N



Thingpui ginger

N



Wayanad ginger

N



Yellow Hawaiian ginger

N



Yunlin Yellow ginger  
(雲林黃薑)

N





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Turnips**

---

**Amber Globe turnip**

**N**



**Geisha turnip**

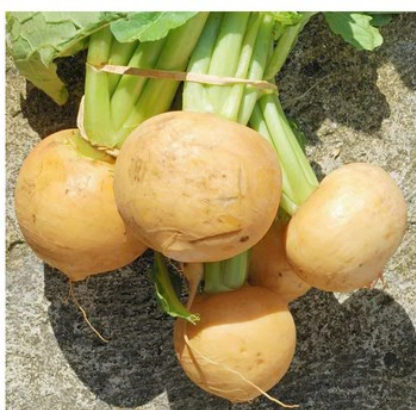
**N**



---

**Golden Ball turnip**

**N**



**Hakurei turnip**

**N**



---

**Hirosaki Red turnip**

**N**



**Hinona Kabu turnip**

**N**



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

---

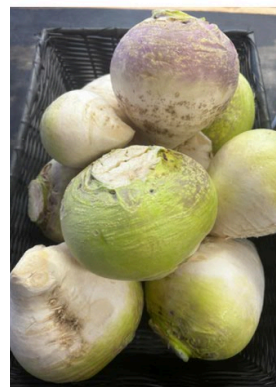
**Just Right turnip**

**N**



**Macomber turnip**

**N**



**Market Express turnip**

**N**



**Navet de Nancy turnip**

**N**



**Nozawana turnip greens**

**N**



**Oasis turnip**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Petrowski turnip**

**N**



**Purple Top Milan turnip**

**N**



**Purple Top White  
Globe turnip**

**N**



**Royal Crown turnip**

**N**



**Scarlet Queen turnip**

**N**



**Seven Top turnip greens**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Shogoin turnip

**N**



Snowball turnip

**N**



Tokyo Cross turnip

**N**



Tokyo Market turnip

**N**



White Egg turnip

**N**



White Lady turnip

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Yams**

---

**Amula Yellow Guinea yam**

**N**



**Aomori Nagaimo yam**

**N**



---

**Ekiti White Guinea yam**

**N**



**Huaiqing Tiegun yam**

**N**



---

**Icho-imo yam**

**N**



**Kinampay purple yam (Ube)**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Kponan Yellow Guinea yam**

**N**



**Mapuey (Yampy) yam**

**N**



**Tainung No.1 yam**

**N**



**Tokachi Nagaimo yam**

**N**



**Tsukune-imo yam**

**N**



**Pona White Guinea yam**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Wuzhi Tiegun yam**

**N**



**Yamato-imo yam**

**N**



---

## Cassavas

---

**BRS Gema de Ovo cassava**

**N**



**BRS Novo Horizonte cassava**

**N**



**BRS Ocaçu cassava**

**N**



**BRS Tapioqueira cassava**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**H-165 cassava**

**N**



**KM94 cassava**

**N**



**KU50 cassava**

**N**



**Nigeria NR8082 cassava**

**P**



**Rayong 5 cassava**

**N**



**Rayong 72 cassava**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Sree Athulya cassava**

**N**



**Sree Harsha cassava**

**N**



**TME 419 cassava**

**N**



**TMEB 419 cassava**

**N**



**TMEB 693 cassava**

**N**



**TMS 30572 cassava**

**P**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**TMS 92/0057 cassava**

**N**



**TMS 92/0067 cassava**

**P**



**TMS 92/0326 cassava**

**N**



**TMS 98/0505  
(Fine Face) cassava**

**N**



---

## **Chinese Cabbages**

---

**Beijing Xin No.3  
Chinese cabbage  
(北京新3號大白菜)**

**N**



**Bilko F1  
Chinese cabbage**

**N**





**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

---

**China Coast F1  
Chinese cabbage**

N



**China Express  
Chinese cabbage**

N



**China Gold F1  
Chinese cabbage**

N



**China King F1  
Chinese cabbage**

N



**Chun-gwang  
Chinese cabbage  
(춘광배추)**

N



**Chunqiu 54 Chinese cabbage  
(春秋54大白菜)**

N



(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

---

**Emiko F1**  
**Chinese cabbage**

**N**



**Haku F1**  
**Chinese cabbage**

**N**



**Haruki 85**  
**Chinese cabbage**  
(ハレギ85白菜)

**N**



**Jiaozhou**  
**Chinese cabbage**  
(膠州大白菜)

**N**



**Jigokoro 85**  
**Chinese cabbage**  
(黄ごころ85白菜)

**N**



**Little Jade F1**  
**Chinese cabbage**

**N**





**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

---

**Manoko F1  
Chinese cabbage**

**N**



**Matsushima Jun No.2  
Chinese cabbage  
(松島純2号白菜)**

**N**



**Minuet F1  
Chinese cabbage**

**N**



**Mirako F1  
Chinese cabbage**

**N**



**Monument F1  
Chinese cabbage**

**N**



**Musou Hakusai  
Chinese cabbage  
(無双白菜)**

**N**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

---

**Optiko F1  
Chinese cabbage**

**N**



**Sumiko F1  
Chinese cabbage**

**N**



**Taranko F1  
Chinese cabbage**

**N**



**Tianjin Qingmaye  
Chinese cabbage  
(天津青麻葉大白菜)**

**N**



**Yuki F1  
Chinese cabbage**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Leeks

---

American Flag leek

N



Bandit leek

N



---

Below Zero F1 leek

N



Blue Solaise leek

N



---

Bluegreen Winter leek

N



Bulgarian Giant leek

N



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

---

**Carentan leek**

**N**



**Dawn Giant leek**

**N**



**De Carentan 2 leek**

**N**



**Elephant leek**

**N**



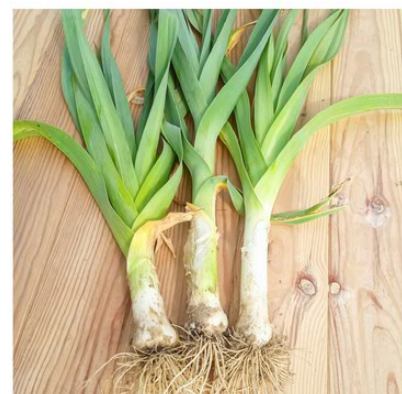
**Giant Musselburgh leek**

**N**



**Gros Long d'Été leek**

**N**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Hannibal leek

**N**



Jolant leek

**N**



King Richard leek

**N**



King Sieg leek

**N**



Lancelot leek

**N**



Lincoln leek

**N**



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

---

**Megaton leek**

**N**



**Pancho leek**

**N**



**Porbella F1 leek**

**N**



**Porvite F1 leek**

**N**



**Prizetaker leek**

**N**



**Pluston F1 leek**

**N**





**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

---

**Tadorna leek**

**N**



**Varna leek**

**N**



**Zermatt F1 leek**

**N**



---

**Farmed Mushrooms**

---

**Bunapi white  
beech mushroom**

**N**



**Hokuto brown beech  
mushroom (Bunashimeji)**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Amycel Heirloom  
cremini/portobello mushroom**

**N**



**Sylvan Bavarian Brown  
cremini/portobello mushroom**

**N**



**GF24 maitake mushroom**

**P**



**GF52 maitake mushroom**

**P**



**NSHE1 lion's  
mane mushroom**

**N**



**Black Pearl King  
oyster mushroom**

**P**





**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

---

**HK-35 white  
oyster mushroom**

**N**



**Hokuto Eryngii  
oyster mushroom**

**N**



**Pohu PH01  
oyster mushroom**

**N**



**China Shii 101  
shiitake mushroom**

**N**



**Night Velvet  
shiitake mushroom**

**N**



**Snow Cap  
shiitake mushroom**

**N**



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

---

**WR46 shiitake mushroom**

N



**Sylvan A15 white mushroom**

N



---

## **Wild Mushrooms**

---

**Warning: Never pick wild mushrooms without expert guidance.**

**Agarikon mushroom  
(Laricifomes officinalis)**

N



**Bamboo fungus  
(Phallus indusiatus)**

N



---

**Birch Polypore mushroom  
(Fomitopsis betulina)**

N



**Black trumpet mushroom  
(Craterellus cornucopiodes)**

P





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Bronze bolet mushroom  
(Boletus aereus)**

**P**



**Cauliflower mushroom  
(Sparassis crispa,  
Sparassis latifolia)**

**N**



**N**



**Chaga mushroom  
(Inonotus obliquus)**

**P**



**Golden chanterelle mushroom  
(Cantharellus cibarius)**

**N**



**Pacific chanterelle mushroom  
(Cantharellus formosus)**

**N**



**Chestnut mushroom  
(Pholiota adiposa)**

**P**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Clustered Coral mushroom  
(*Ramaria botrytis*)**

**N**



**Elm Oyster mushroom  
(*Hypsizygus ulmarius*)**

**N**



**Hedgehog mushroom  
(*Hydnum repandum*)**

**N**



**Matsutake mushroom  
(*Tricholoma matsutake*)**

**N**



**Delicious morel mushroom  
(*Morchella deliciosa*)**

**P**



**Common morel mushroom  
(*Morchella esculenta*)**

**P**





(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Porcino mushroom  
(King Bolete/Boletus edulis)**

**N**



**Saffron milk cap mushroom  
(Lactarius deliciosus)**

**N**



**Scaly wood mushroom  
(Agaricus silvaticus)**

**N**



**Summer bolete mushroom  
(Boletus reticulatus)**

**N**



**Termitomyces heimii  
mushroom**

**N**



**Turkey Tail mushroom  
(Trametes versicolor)**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Bianchetto truffle  
(Tuber borchii)**

**N**



**Black summer truffle  
(Tuber aestivum)**

**P**



**Black winter truffle  
(Tuber melanosporum)**

**P**



**Chinese black truffle  
(Tuber indicum)**

**P**



**Italian white winter truffle  
(Tuber magnatum)**

**N**



**Musk truffle  
(Tuber brumale)**

**P**





**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

---

**Terfezia boudieri  
desert truffle**

**N**



**Terfezia clavaryi  
desert truffle**

**N**



**Please note: We will update when possible  
with more No-pain and Have-pain foods.  
This is not a complete list.**

**(All foods below are No-Pain)**

# **No-Pain foods - simple list**

**Please note: We will update when possible with more No-pain foods. This is not a complete list.**

## **Grains & Cereals**

- Rice, rice products
- Wheat, wheat products (bread, vegan pasta, noodles etc.)
- Amaranth
- Oats
- Barley
- Job's tears
- Sorghum
- Buckwheat
- Millet
- Quinoa
- Couscous
- Teff (*Eragrostis tef*)

## **Seeds (all)**

**(Including those not mentioned below):**

- Pumpkin seeds
- Sunflower oil
- Melon seeds
- Lotus seeds
- Coffee
- Sesame seeds
- Flaxseed

## **Beans & Nuts**

- Beans + lentils  
(all types, fresh/dry)
- Peanuts
- Almonds
- Pistachios
- Pecans
- Pine nuts
- Macadamia nuts
- Hazelnuts

**Most nuts only if fell naturally from tree.**

**Be Vegan, Keep Peace.**



**(All foods below are No-Pain)**

## **Vegan Protein**

- Dry soy texture & powder
- Dry wheat texture & powder
- Tofu
- Tempeh
- **Vegan** ham
- **Vegan** sausages
- **Vegan** seitan (if made from foods on the No-pain foods list)

## **Condiments & Sweeteners**

- Salt
- Vegetable broth (if made from foods on the No-pain foods list)
- Maggi-sauce
- Soya-sauce
- Beet sugar (from sugar beet)
- **Vegan** cane sugar (white, brown, caster, raw – in moderation)
- Agave juice

## **Oils & Fats**

- Eucalyptus oil
- Flaxseed oil
- Peanut oil
- Sesame oil
- Sunflower oil
- Tea tree oil
- **Vegan** butter (no olive oil)

**Be **Vegan**, Keep **Peace**.**

**(All foods below are No-Pain)**

## **Peppers**

- Poblano pepper
- Jalapeño pepper
- Habanero pepper
- Trinidad perfume pepper
- Fresno pepper
- Portugal hot pepper
- Paprika pepper
- Carmen pepper
- Sweet banana pepper
- Italia pepper
- Peppigrande hybrid pepper
- Jimmy nardello pepper
- Golden treasure pepper
- Mocha swirl hybrid pepper
- Shishito pepper
- Slovana pepper
- Tequila sunrise pepper
- Tolli's sweet Italian
- Nibbler hybrid pepper
- Tangerine dream pepper
- Sheepnose pimento pepper
- Cherry stuffer hybrid pepper
- Cayenne pepper
- Anaheim pepper
- Serrano pepper
- Chilaca pepper
- Aleppo pepper
- Chili de Arbol
- Aji Mango Pepper
- Thai chili peppers
- Sichuan peppercorn
- Wiri Wiri pepper
- Dried Cascabel Chile Pepper (Bola Chile)

**And other very tiny sharp peppers**

**Be Vegan, Keep Peace.**



**(All foods below are No-Pain)**

## **Herbs & spices**

- Parsley
- Sage
- Marjoram
- Cilantro
- Spearmint
- Dill
- Piper lolot leaves (Piper sarmentosum)
- Sawtooth coriander (Ngò gai)
- Anredera cordifolia (Madeira vine)
- Rice paddy herb (Ngò ôm/Ngổ)
- Coronarium linn (Tần ô)
- Thai Basil (Húng quế)
- Cardamom
- Star anise
- Cloves
- Coriander seeds & powder
- Cumin seeds & powder

## **Gourd family**

- Delicata squash
- White acorn squash
- Carnival squash
- Hubbard squash

## **Pea family**

- Italian flat bean
- Pole flat bean
- Romano flat bean
- Snow peas
- English peas (Garden peas)
- Sugar snap peas
- Runner flat beans

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

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**(All foods below are No-Pain)**

## **All melons**

**(including those not mentioned below)**

- Watermelon
- Cantaloupe melon
- Galia melon
- Canary melon
- Charentais melon
- Honeydew melon
- Winter melon
- Snap melon
- Santa Claus melon
- Hami melon
- Casaba melon
- Crenshaw melon
- Horned melon
- Bailan melon
- Bitter melon

## **Fruits**

- Tangerine
- Longan
- Lychee
- Soursop (Mãng cầu xiêm)
- Pomelo
- Passion fruit
- Star fruit
- Palm dates (if ripe)
- Gac fruit (Trái gấc)
- Cluster fig (Trái sung)
- Noni (Trái nhàu)
- Apricot
- Purple plum
- White plum
- Red peach

**Be Vegan, Keep Peace.**

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(All foods below are No-Pain)

## Vegetables

- Chicory
- Chinese broccoli
- Tatsoi
- Swiss chard (all other types)
- Collard greens
- Rhubarb
- Romaine lettuce
- Chinese celery
- Bok choy (white stem)
- Cress
- Rocket (Arugula)
- Watercress
- Water spinach
- Stinging nettle
- Radicchio
- Endive

## Vegetables

- Wild mustard
- Mustard greens
- Mustard leaves
- Artichokes
- Seaweed
- Dandelion (all colors and the roots)
- Arrowroot
- Taro
- Yams
- Potatoes & Sweet potatoes (all other types)
- Ginseng
- Kohlrabi
- Beetroot
- Purple daikon radish
- Sprouts (all)

Including young sprouts of coriander, soya beans, pumpkin seeds, etc.  
Plus onions, garlic.

**Be Vegan, Keep Peace.**

(Click to return to Table of Contents)

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**(All foods below are No-Pain)**

## **Herbs & spices**

- Parsley
- Sage
- Marjoram
- Cilantro
- Spearmint
- Dill
- Piper lolot leaves (Piper sarmentosum)
- Sawtooth coriander (Ngò gai)
- Anredera cordifolia (Madeira vine)
- Rice paddy herb (Ngò ôm/Ngổ)
- Coronarium linn (Tần ô)
- Thai Basil (Húng quế)
- Cardamom
- Star anise
- Cloves
- Coriander seeds & powder
- Cumin seeds & powder

## **Gourd family**

- Delicata squash
- White acorn squash
- Carnival squash
- Hubbard squash

## **Pea family**

- Italian flat bean
- Pole flat bean
- Romano flat bean
- Snow peas
- English peas (Garden peas)
- Sugar snap peas
- Runner flat beans

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**



**(All foods below are No-Pain)**

## **All melons**

**(including those not mentioned below)**

- Watermelon
- Cantaloupe melon
- Galia melon
- Canary melon
- Charentais melon
- Honeydew melon
- Winter melon
- Snap melon
- Santa Claus melon
- Hami melon
- Casaba melon
- Crenshaw melon
- Horned melon
- Bailan melon
- Bitter melon

## **Fruits**

- Tangerine
- Longan
- Lychee
- Soursop (Mãng cầu xiêm)
- Pomelo
- Passion fruit
- Star fruit
- Avocado
- Palm dates (if ripe)
- Gac fruit (Trái gấc)
- Syconium (Sung)
- Noni (Trái nhàu)
- Apricot
- Purple plum
- White plum
- Red peach

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

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**(All foods below are No-Pain)**

## **More No-Pain Foods**

- Cactus Syrup/ Cactus Sugar (made from prickly pear cactus)
- Gourd
- Sapodilla
- Custard apple
- Tamarind (Tamarindus indica)
- Langsat
- Persimmon
- Hala tree fruit
- Prickly Pear
- Pitaya (Dragon fruit)
- Hog plum
- Lotus root
- Fennel fronds
- Okra
- Salsify
- Chayote
- Breadfruit (Artocarpus altilis)
- Goji berry (Wolfberry)
- Star apple
- Bell fruit (Water apple) (All colors)
- Chinese jujube (Chinese date)
- Vietnamese apple (Indian jujube)
- Lemongrass
- Vegan chocolate and Cacao
- Water caltrop
- Eleocharis dulcis (Water chestnut)
- Aloe vera
- Yardlong bean (Asparagus bean)
- Spearmint oil
- African Blue Basil
- Camphor Basil
- Christmas Basil
- Clove Basil
- Genovese Basil
- Holy Basil/Tulsi
- Lemon Basil
- Lime Basil
- Mammoth Basil
- Purple Ruffles Basil
- Spicy Globe Basil
- Astragalus root (hoàng kỳ/huang qi)
- Banana stem (Banana pith)
- Chinese yam (hoài sơn/huai shan)
- Codonopsis root (Đẳng sâm/dang shen)
- Fox nut (khiếm thực/qian shi)
- Poria mushroom (phục linh/fu ling)
- Saposnikovia root (phòng phong/fang feng)
- White atractylodes (bạch truật/bai zhu)
- White hyacinth bean (Đậu lăng trắng/bai bian dou)
- Ambrosia apple
- Cox's Orange Pippin apple
- Envy apple
- Fuji apple
- Gala apple
- Gingergold apple
- Golden Delicious apple

**Be Vegan, Keep Peace.**

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**(All foods below are No-Pain)**

## **More No-Pain Foods**

- **Granny Smith apple**
- **Honeycrisp apple**
- **Idared apple**
- **Jonagold apple**
- **Mila Zagoras Piliou apple**
- **Opal apple**
- **Pink Lady apple**
- **Red Delicious apple**
- **Pomegranate**
- **Airén grapes**
- **Airén grapes**
- **Almeria (Ohanez) grapes**
- **Autumn Royal grapes**
- **Black Corinth grapes**
- **Cabernet Sauvignon grapes**
- **Chardonnay grapes**
- **Cotton Candy grapes**
- **Flame Seedless grapes**
- **Grenache (Garnacha Tinta) grapes**
- **Himrod grapes**
- **Italia grapes**
- **Kyoho grapes**
- **Menindee Seedless grapes**
- **Merlot grapes**
- **Muscat of Alexandria grapes**
- **Muscat of Hamburg grapes**
- **Niagara grapes**
- **Pinot Gris/Grigio grapes**
- **Red Globe grapes**
- **Riesling grapes**
- **Ruby Seedless grapes**
- **Superior Seedless (Sugraone) grapes**
- **Sweet Jubilee grapes**
- **Thompson Seedless (Sultana) grapes**
- **Trebbiano Toscano (Ugni Blanc) grapes**
- **Bell Pepper (red, yellow, green)**
- **Yerba mate tea**
- **Twinings Earl Grey tea**
- **Harney & Sons Earl Grey Supreme tea**
- **Bigelow Earl Grey tea**
- **Twinings English Breakfast tea**
- **PG Tips English Breakfast tea**
- **Barry's Tea Gold**
- **Twinings Irish Breakfast tea**
- **Twinings Darjeeling tea**
- **Harney & Sons Darjeeling tea**
- **Taylors of Harrogate Assam tea**
- **Harney & Sons Organic Assam tea**
- **Vahdam Daily Assam tea**
- **Harney & Sons Lapsang Souchong tea**
- **Taylors of Harrogate Lapsang Souchong tea**
- **Dilmah Premium Ceylon tea**
- **Twinings Pure Ceylon tea**
- **Harney & Sons Russian Country tea**

**Be Vegan, Keep Peace.**

**(All foods below are No-Pain)**

## **More No-Pain Foods**

- Twinings Russian Caravan tea
- Twinings Keemun tea
- Harney & Sons Hao Ya “A” Keemun tea
- Xiao Zhong tea
- Yunnan Da Ye tea
- Yabukita tea
- Saemidori tea
- Okumidori tea
- Long Jing (Dragon Well) Qunti tea
- Long Jing (Dragon Well) #43 tea
- Twinings Jasmine Green Tea
- Harney & Sons Jasmine Green Tea
- Aiya Matcha (green tea)
- Ippodo Matcha (green tea)
- Ito En Genmaicha (brown rice green tea)
- Yamamotoyama Genmaicha (brown rice green tea)
- Twinings Gunpowder Green Tea
- Numi Gunpowder Green Tea
- Ito En Sencha tea
- Ippodo Sencha tea
- Ippodo Hojicha tea
- Hojicha Co. Hojicha tea
- Bigelow Oolong Tea
- Twinings Pure Oolong Tea
- Harney & Sons Formosa Oolong tea
- JusTea Purple Leaf Tea
- Twinings Pure White Tea
- Teavivre Huo Shan Huang Ya yellow tea
- Harney and Sons Junshan Yinzhen yellow tea
- Numi Emperor’s Pu-erh tea
- Teavivre Ripened Cube Tuocha Pu-erh Tea Mini Brick
- Tetley Original tea
- Tetley Decaf tea
- Tetley Pure Green Tea
- Tetley Jamine Green Tea
- Bergamot orange
- Sanguinello blood orange
- Tarocco blood orange
- Jaffa orange
- Lima orange
- Bahia navel orange
- Fukumoto navel orange
- Lane Late navel orange
- Washington navel orange
- Seville orange
- Valencia orange
- Delta Valencia orange
- Clemenules (Nules) Mandarin
- Owari satsuma
- Orlando tangelo
- Minneola tangelo
- Dancy tangerine
- Ponkan tangerine
- Alfalfa (Medicago sativa) herbal tea
- Aniseed herbal tea
- Archangelica herbal tea

**Be Vegan, Keep Peace.**

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**(All foods below are No-Pain)**

- Ashwagandha herbal tea
- Common Barberry herbal tea
- Holly-leaved Barberry (Oregon Grape) herbal tea
- Indian Barberry herbal tea
- Chinese Bayberry (Yumberry) herbal tea
- Northern Bayberry herbal tea
- Southern Bayberry (Wax Myrtle) herbal tea
- Bay Leaf herbal tea
- Scarlet Bee Balm herbal tea
- Purple Bee Balm (Wild Bergamot) herbal tea
- Betony (purple, white) herbal tea
- Black Cohosh herbal tea
- German Chamomile herbal tea
- Roman Chamomile herbal tea
- Indian Chrysanthemum (yellow, white) herbal tea
- Ju Hua (Chrysanthemum x morifolium) (purple, pink, orange, yellow, red, white) herbal tea
- Common Daisy (white, pink, yellow, red) herbal tea
- Echinacea purpurea (Purple Coneflower) herbal tea
- American Elderberry herbal tea
- European Elderberry herbal tea
- Female Ginseng (Angelica sinensis) herbal tea
- Fenugreek herbal tea
- Guarana herbal tea
- Hibiscus sabdariffa (Roselle) herbal tea
- Mountain Honeybush (Cyclopia intermedia) herbal tea
- Hyssop herbal tea
- English Lavender (True Lavender) herbal tea
- Lemon Balm herbal tea
- Lemon Verbena (Lemon Beebrush) herbal tea
- Common Lime (unrelated to the fruit) herbal tea
- Bigleaf Linden (Broad-Leaved Lime) herbal tea
- Littleleaf Linden (Small-Leaved Lime) herbal tea
- Lovage herbal tea
- Moringa oleifera (Drumstick Tree) herbal tea
- Myrica Gale (Sweet Gale) herbal tea
- Nutmeg herbal tea
- Oregano herbal tea
- Pot Marigold herbal tea
- Rooibos herbal tea
- Beach Rosehip (Rosa rugosa) herbal tea
- Dog Rosehip (Rosa canina) herbal tea
- Chinese Sarsaparilla herbal tea
- Honduran Sarsaparilla herbal tea
- Jamaican Sarsaparilla herbal tea
- Mexican Sarsaparilla herbal tea

**Be Vegan, Keep Peace.**

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**(All foods below are No-Pain)**

- Blue Skullcap herbal tea
- St. John's Wort herbal tea
- French Tarragon herbal tea
- Mexican Tarragon herbal tea
- Russian Tarragon herbal tea
- Common Thyme herbal tea
- Turmeric herbal tea
- Valerian (Valeriana officinalis) herbal tea
- Bourbon Vanilla (Madagascar Vanilla) herbal tea
- American Wintergreen herbal tea
- Common Wormwood herbal tea
- Common Yarrow (white, cream, pink, red, yellow) herbal tea
- Black fungus (Cloud ear)
- Alphonso mango
- Amrapali mango
- Anwar Ratol mango
- Ataulfo (Honey or Champagne) mango
- Badami mango
- Banganapalli (Safeda) mango
- Carabao (Manila Super) mango
- Cát Hòa Lộc mango
- Chaunsa mango
- Chok Anan mango
- Dasheri mango
- Gedong Gincu mango
- Glenn mango
- Golek mango
- Haden mango
- Harumanis mango
- Himsagar mango
- Julie mango
- Katchamita mango
- Keitt mango
- Kent mango
- Keo Savoy mango
- Kesar mango
- Langra mango
- Madame Francis mango
- Maha Chanok mango
- Mallika mango
- Nam Dok Mai mango
- Pico mango
- Raspuri mango
- Sindhri mango
- Totapuri mango
- Cranberry
- Currant (white, red)
- American Gooseberry
- Cape Gooseberry (Peruvian Ground Cherry)
- European Gooseberry
- Indian Gooseberry (Amla)
- Loganberry
- Pineberry

**Be Vegan, Keep Peace.**

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**(All foods below are No-Pain)**

- Tamarillo
- Bluecrop blueberry
- Duke blueberry
- Jewel blueberry
- Legacy blueberry
- Misty blueberry
- Snowchaser blueberry
- Ventura blueberry
- Wild blueberry
- Dwarf raspberry
- Purple raspberry
- Yellow raspberry
- Albion strawberry
- Camarosa strawberry
- Chandler strawberry
- Elsanta strawberry
- Festival strawberry
- Honeoye strawberry
- Korona strawberry
- Monterey strawberry
- San Andreas strawberry
- Seascape strawberry
- Sweet Charlie strawberry
- Amalfi Coast lemon
- Assam (Kaji Nemu) lemon
- Bearss lemon
- Common Femminello lemon
- Eureka lemon
- Genoa lemon
- Interdonato lemon
- Kagzi lemon
- Lemonade lemon
- Mediteranean sweet lemon (Limetta)
- Lisbon lemon
- Meyer lemon
- Monachello lemon
- Palestine sweet lime
- Primofiori (Fino or Mesero) lemon
- Santa Teresa lemon
- Siracusa lemon
- Variegated Pink lemon
- Villafranca lemon
- Yen Ben lemon
- Brazilian Green Dwarf coconut
- Chandralaksha coconut
- Chowghat Green Dwarf coconut
- Chowghat Orange Dwarf coconut
- COD Hybrid coconut
- East Coast Tall coconut
- Fiji Dwarf coconut
- Hainan Tall coconut
- Jamaican Tall coconut
- King coconut
- Laccadive Ordinary coconut
- Macapuno coconut
- Malayan Green Dwarf coconut
- Malayan Orange Dwarf coconut
- Malayan Red Dwarf coconut
- Malayan Yellow Dwarf coconut
- Maypan coconut

**Be Vegan, Keep Peace.**

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**(All foods below are No-Pain)**

- Panama Tall coconut
- Sri Lanka Tall coconut
- Thai Aromatic (Nam-hom) coconut
- Tiptur Tall coconut
- Vanuatu Tall coconut
- VHC1 coconut
- WAT Hybrid (Mawa) coconut
- West African Tall coconut
- West Coast Tall coconut
- Abate Fetel pear
- Anjou pear (green)
- Bartlett (Williams) pear (green, red)
- Comice pear (green, red)
- Concorde pear
- Conference pear
- Forelle pear
- Hosui pear
- Kosui pear
- Niitaka pear
- Nijisseiki pear
- Packham (Autumn Bartlett) pear (green, red)
- Rocha pear
- Seckel pear
- Shinko pear
- Shinseiki pear
- Starkrimson pear
- Taylor's Gold pear
- Warren pear (green, red)
- Ya Li pear
- Bolero carrot
- Chantenay carrot
- Creme de Lite carrot
- Danvers 126 carrot
- Danvers Half Long carrot
- Imperator 58 carrot
- Imperator Long carrot
- Kuroda Nova carrot
- Lunar White carrot
- Mokum carrot
- Napoli carrot
- Nelson carrot
- Paris Market carrot
- Pusa Rudhira Red carrot
- Romance F1 carrot
- Scarlet Nantes carrot
- Solar Yellow carrot
- Sugarsnax 54 carrot
- White Satin carrot
- Yaya carrot
- Fine Leaved common chives
- Polyvert common chives
- Purly common chives
- Staro common chives
- Chinese Flat Leaf garlic chives
- Geisha garlic chives
- Heirloom garlic chives
- Cabezona pineapple
- Del Monte Gold pineapple
- Honeyglow pineapple
- Kew pineapple

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**(All foods below are No-Pain)**

- Maipure pineapple
- Maui Gold pineapple
- MD-2 pineapple
- Natal Queen pineapple
- Pérola pineapple
- Precious Honeyglow pineapple
- Queen Victoria pineapple
- Rubyglow pineapple
- Smooth Cayenne pineapple
- Tainung No.17 (Golden Diamond) pineapple
- Abbott kiwi
- Allison kiwi
- Boerica kiwi
- Bruno kiwi
- Hayward kiwi
- Issai kiwi
- Jinyan kiwi
- Monty kiwi
- Soreli Gold kiwi
- Vincent kiwi
- Zespri SunGold kiwi
- Black Amber plum
- Black Ruby plum
- Black Splendor plum
- D'Agen plum
- Damson plum
- Dapple Dandy plum
- Elephant Heart plum
- Flavor King plum
- Fortune plum
- Friar plum
- Greengage plum
- Golden plum
- Hiromi Red plum
- Italian Prune plum
- Methley plum
- Mirabelle plum
- President plum
- Red Beauty plum
- Santa Rosa plum
- Satsuma plum
- Shiro plum
- Simka plum
- Stanley plum
- Victoria plum
- White koji
- Arp rosemary
- Barbeque rosemary
- Benenden Blue rosemary
- Blue Boy rosemary
- Common rosemary
- Golden Rain rosemary
- Gorizia rosemary
- Hill Hardy rosemary
- Huntington Carpet rosemary
- Irene rosemary
- Majorca Pink rosemary
- Miss Jessopp's Upright rosemary
- Nancy Howard rosemary
- Prostratus rosemary
- Roman Beauty rosemary
- Salem rosemary
- Severn Sea rosemary

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**(All foods below are No-Pain)**

- Spice Island rosemary
- Tuscan Blue rosemary
- White rosemary
- Ambassador zucchini
- Black Beauty zucchini
- Cashflow zucchini
- Chappan Kaddu zucchini (dark green, light green)
- Dunja zucchini
- Fordhook zucchini
- Raven zucchini
- Eight Ball squash (green, yellow)
- Gold Rush squash
- Golden Delight squash
- Golden Egg squash
- Golden Glory squash
- Sebring squash
- Soleil squash
- Pattypan squash (green, yellow)
- Sunburst squash
- Sunstripe squash
- Chinese licorice (*Glycyrrhiza uralensis*)
- Milk thistle
- Như Ý orange
- Brazilian Golden papaya
- Coorg Honey Dew papaya
- Eksotika papaya
- Kamiya papaya
- Maradona papaya
- Pusa Delicious papaya
- Pusa Giant papaya
- Ranchi papaya
- Red Lady papaya
- Sekaki (Hong Kong) papaya
- Sunrise Solo papaya
- Sunset Solo papaya
- Tainung No. 1 papaya
- TR Hovey papaya
- Greater burdock
- Lesser burdock
- Woolly burdock
- California mugwort
- Chinese mugwort
- Common mugwort
- Japanese mugwort
- White mugwort
- Albion parsnip
- All American parsnip
- Gladiator parsnip
- Hollow Crown parsnip
- Javelin parsnip
- Tender and True parsnip
- White Gem parsnip
- Tabasco pepper (red, yellow, orange)
- Datil pepper
- Malagueta pepper
- Gotu kola (*Centella asiatica*)
- Malabar spinach (*Basella alba*)
- Sensitive plant (*Mimosa pudica*)
- Sweet leaf (*Phyllanthus androgynus*)

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**(All foods below are No-Pain)**

- Allahabad Safeda guava
- Barbie Pink guava
- Beaumont Pink guava
- Crystal Seedless guava
- Hong Kong Pink guava
- Kim Ju guava
- Lucknow-49 (Sardar) guava
- Mexican Cream guava
- Paluma guava
- Pearl guava
- Ruby Supreme guava
- Thai White guava
- Tropical White guava
- Yellow Strawberry (Lemon) guava
- Yilan Red Heart guava
- Pompeian Gourmet Selection Extra Virgin olive oil
- Colavita “100% Greek” Extra Virgin olive oil
- O-Live & Co Everyday Extra Virgin olive oil
- Arbequina olives (common oils: Borges “Fruity”; Castillo de Canena “Reserva Familiar Arbequina”; Castillo de Canena “Biodynamic Arbequina”)
- Arbosana olives/olive oil
- Ascolano olives/olive oil
- Cerignola olives
- Chalkidiki olives/olive oil
- Cobrançosa olives/olive oil
- Conservolea (Konservolia) olives (green, blonde, black)
- Coratina olives (common oil: Monini “Monocultivar Coratina”)
- Cornicabra olives/olive oil
- Frantoio olives (common oil: Monini “Monocultivar Frantoio”)
- Gaeta (Itrana) olives
- Galega olives/olive oil
- Gordal Sevillana olives
- Hojiblanca olives/olive oil
- Kalamata olives
- Koroneiki olives (common oils: Minerva “Horio”; Terra Creta “Grand Cru”)
- Leccino olives
- Lucques olives/olive oil
- Manzanilla olives/olive oil
- Maurino olives/olive oil
- Memecik olives/olive oil
- Mission olives/olive oil
- Moraiolo olives/olive oil
- Nocellara (Castelvetrano) olives (common oil: Monini “Monocultivar Nocellara”)
- Pendolino olives/olive oil
- Picholine olives/olive oil
- Picual olives (common oils: Borges “Character”; Castillo de Canena “Reserva Familiar Picual”; Castillo de Canena “Biodynamic Picual”)
- Taggiasca olives/olive oil
- Verdial de Badajoz olives/olive oil
- Verdial de Huévar olives/olive oil
- Verdial de Vélez-Málaga olives/olive oil

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**(All foods below are No-Pain)**

- Arancillo durian
- Black Thorn (D200) durian
- Chanee (D123) durian
- D101 durian
- Golden Phoenix (D198) durian
- IOI (D168) durian
- Kanyao (D158) durian
- Kradum Thong durian
- Matahari durian
- Monthong (Golden Pillow/D159) durian
- Musang King (D197) durian
- Petruk durian
- Puang Manee durian
- Puyat durian
- Red Prawn (D175) durian
- Ri6 durian
- Sitokong durian
- Sultan (D24) durian
- Tekka (D160) durian
- XO (D24 variant) durian
- Black Gold jackfruit
- Cheena jackfruit
- Cochin jackfruit
- Dang Rasimi jackfruit
- Dang Suria jackfruit
- Eviarc Sweet jackfruit
- Golden Nugget jackfruit
- Golden Pillow jackfruit
- Honey Gold jackfruit
- J31 jackfruit
- Jaca Dura jackfruit
- Jaca Mini jackfruit
- Jaca Manteiga jackfruit
- Khun Wi Chan jackfruit
- Mít Tở Nữ (Female jackfruit)
- Mít Thái (Thai jackfruit)
- Nangka J29 jackfruit
- Nangka J33 (Tekam Yellow) jackfruit
- NS1 jackfruit
- Pathamuttam Red jackfruit
- PLR-1 jackfruit
- Red Rudrakshi jackfruit
- Siddu Jack jackfruit
- Ziman Pink jackfruit
- Baluroi eggplant
- Black Beauty eggplant
- Cambodian Green Giant eggplant
- Changfeng No. 2 eggplant
- Fairy Tale eggplant
- Fengyuan Purple eggplant
- Graffiti eggplant
- Ichiban eggplant
- Kaohsiung No. 2 eggplant
- Kermit eggplant
- Kurume Long eggplant
- Listada de Gandia eggplant
- Nadia eggplant
- Orient Charm eggplant
- Orient Express eggplant
- Ping Tung Long eggplant
- Pusa Purple Long eggplant
- Rosa Bianca eggplant
- Thai Yellow eggplant
- Turkish Delight eggplant
- Honey Bear acorn squash

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**(All foods below are No-Pain)**

- Sweet Reba acorn squash
- Table Queen acorn squash
- Tuffy acorn squash
- Bonbon buttercup squash
- Burgess buttercup squash
- Uncle David's Dakota Dessert buttercup squash
- Barbara butternut squash
- Butterbaby butternut squash
- Early butternut squash
- 898 butternut squash
- Pilgrim butternut squash
- Ponca butternut squash
- Tahitian butternut squash
- Waltham butternut squash
- Ajihei green kabocha squash
- Delica green kabocha squash
- Ebisu green kabocha squash
- Kuriyutaka green kabocha squash
- Tetsukabuto green kabocha squash
- Hasta La Pasta spaghetti squash
- Primavera spaghetti squash
- Small Wonder spaghetti squash
- Stripetti spaghetti squash
- Tivoli spaghetti squash
- Vegetable spaghetti squash
- Bắp Mỹ corn (American corn)
- Bắp nếp corn (Glutinous corn)
- Cacahuacintle corn
- Miwaku no (Gold Rush) corn
- Golden Bantam corn
- Honey Select Sweet corn
- Jubilee corn
- Katumani corn
- Mirai corn (yellow, white, bicolor)
- Nuo Mi Yu Mi glutinous corn
- Olotillo Blanco corn
- Peaches and Cream corn
- Silver Queen corn
- Tuxpeño corn
- Achacha mangosteen (*Garcinia humilis*)
- Golden mangosteen (*Garcinia dulcis*)
- Lemon Drop mangosteen (*Garcinia intermedia*)
- Philippine mangosteen
- Thai mangosteen
- Vietnamese mangosteen
- Binjai rambutan
- Jitlee rambutan
- Lebak Bulus rambutan
- Maharlika rambutan
- R134 rambutan
- R156 (Muar Gading) rambutan
- R168 (Che Embong) rambutan
- R170 (Deli Cheng) rambutan
- R191 (Budak Setan) rambutan
- Rapih rambutan
- Rongrien rambutan
- Seematjan rambutan
- Si Chomphu rambutan
- Blue Java bananas
- Burro bananas
- Cuban Red (Red Dacca) bananas
- Ducasse bananas
- Dwarf Brazilian bananas
- Dwarf Cavendish bananas

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**(All foods below are No-Pain)**

- FHIA-17 bananas
- Giant Cavendish bananas
- Grand Nain bananas
- Kluai Khai bananas
- Kluai Nam Wa bananas
- Lakatan bananas
- Latundan bananas
- Manzano bananas
- Mysore bananas
- Namwa bananas
- Nendran bananas
- Orito bananas
- Pachanadan bananas
- Pisang Beranagan bananas
- Pisang Raja bananas
- Poovan bananas
- Prata bananas
- Prata Anã bananas
- Robusta bananas
- Saba bananas
- Señorita bananas
- Williams bananas
- All the Year Round cauliflower
- Alverda cauliflower
- Amazing cauliflower
- Cheddar cauliflower
- Clapton cauliflower
- Early White Hybrid cauliflower
- Fioretto cauliflower
- Graffiti cauliflower
- Minaret cauliflower
- Quickheart cauliflower
- Snow Crown cauliflower
- Snowball 16 cauliflower
- Snowball Y improved cauliflower
- Sunset cauliflower
- Veronica cauliflower
- Wallaby cauliflower
- White Corona cauliflower
- Brunswick green cabbage
- Cannonball green cabbage
- Charleston Wakefield green cabbage
- Copenhagen Market green cabbage
- Danish Ballhead green cabbage
- Derby Day green cabbage
- Drumhead green cabbage
- Early Jersey Wakefield green cabbage
- Golden Acre green cabbage
- Jingfeng No.1 green cabbage
- K-Y Cross green cabbage
- Late Flat Dutch green cabbage
- Primo II green cabbage
- Snow Jade green cabbage
- Star 3301 green cabbage
- Stonehead green cabbage
- Sugarloaf green cabbage
- Taichung No. 1 green cabbage
- Mammoth Red Rock red cabbage
- Red Express red cabbage
- Ruby Perfection red cabbage
- Chieftain savoy cabbage
- Deacon savoy cabbage
- Savoy Ace savoy cabbage
- Savoy King savoy cabbage
- Savoy Perfection savoy cabbage
- Tundra savoy cabbage

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**(All foods below are No-Pain)**

- Acadia spinach
- Auroch spinach
- Bloomsdale Long Standing spinach
- Butterflay spinach
- Columbia F1 spinach
- Corvair spinach
- Emilia spinach
- Flamingo Improved spinach
- Gazelle spinach
- Giant Noble spinach
- Giant Winter spinach
- Hammerhead spinach
- Lazio spinach
- Matador (Viking) spinach
- Norfolk spinach
- Olympia spinach
- Popeye F1 spinach
- Red Kitten spinach
- Red Snapper spinach
- Regiment spinach
- Seaside spinach
- Space spinach
- Tyee spinach
- Verdil spinach
- Whale spinach
- Apollo asparagus
- Atlas asparagus
- Backlim asparagus
- Darzilla asparagus (green, white)
- Gijnlim F1 asparagus
- Grande F1 asparagus
- Jersey Giant asparagus
- Jersey Knight asparagus
- Jersey Supreme asparagus
- Mary Washington asparagus
- Millennium asparagus
- Mondeo asparagus
- Pacific 2000 asparagus
- Pacific Purple asparagus
- Precoce d'Argenteuil asparagus
- Purple Passion asparagus
- Sunlim asparagus
- Tainan No. 4 asparagus
- UC-157 asparagus
- Bacon avocado
- Ettinger avocado
- Fuerte avocado
- Choquette avocado
- Gwen avocado
- Holiday avocado
- Lula avocado
- Mexicola avocado
- Mexicola Grande avocado
- Reed avocado
- Sharwil avocado
- Sir Prize avocado
- Stewart avocado
- Tainung No. 2 avocado
- Zutano avocado
- Apollo broccoli
- Arcadia broccoli
- Aspabroc broccolini
- Batavia broccoli
- Belstar broccoli
- Beneforté broccoli
- Calabrese Green Sprouting broccoli

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**(All foods below are No-Pain)**

- De Ciccio broccoli
- Diplomat broccoli
- Eastern Magic broccoli
- Fiesta F1 broccoli
- Green Magic broccoli
- Imperial broccoli
- Ironman broccoli
- Marathon broccoli
- Packman broccoli
- Parthenon broccoli
- Santee F1 broccoli
- Titanium broccoli
- Waltham 29 broccoli
- Conquistador celery
- Cornell 619 celery
- Daybreak celery
- Giant Red celery
- Golden Pascal (Winter King) celery
- Golden Self-Blanching celery
- Loretta celery
- Samba celery
- Tall Utah celery
- Tango Hybrid celery
- Tendercrisp celery
- Ventura celery
- Victoria celery
- 杭州青芹 (Hangzhou Green celery)
- 馬家溝芹菜 (Ma Jia Gou celery)
- 台灣青骨種芹菜 (Taiwanese Green Bone celery)
- 台灣黃涵種芹菜 (Taiwanese Yellow celery)
- Alabaster celeriac
- Brilliant celeriac
- Diamant celeriac
- Giant Prague celeriac
- Monarch celeriac
- Prinz celeriac
- Beira Tronchuda kale
- Blue Ridge kale
- Couve Penca kale
- Dwarf Blue Curled Scotch kale
- Lacinato (Nero di Toscana or Dinosaur) kale
- Manteiga de Georgia kale
- Premier (Early Hanover) kale
- Red Russian (Ragged Jack) kale
- Red Ursa kale
- Scarlet kale
- Starbor kale
- Sukuma Wiki kale
- Vates kale
- Westlander kale
- White Russian kale
- Winterbor kale
- Crispino iceberg lettuce
- Great Lakes 118 iceberg lettuce
- Great Lakes 659 iceberg lettuce
- Ithaca iceberg lettuce
- Laibacher Eis iceberg lettuce
- Legacy iceberg lettuce
- Raider iceberg lettuce
- Saladin iceberg lettuce
- Somerset iceberg lettuce
- Summertime iceberg lettuce
- Webbs Wonderful iceberg lettuce

**Be Vegan, Keep Peace.**



**(All foods below are No-Pain)**

- Bearss lime
- Calamansi lime
- Florida Key lime
- Hon yuzu lime (本ユズ本柚子)
- Jeruk Limo lime
- Kaffir (Makrut) lime
- Kagzi lime
- Mexican Key lime
- Mexican Thornless lime
- Mosambi lime
- Rangpur lime
- Sudachi lime
- Tadanishiki yuzu lime (タダニシキ多田錦)
- Tahiti lime
- Alicante tomato
- Beefmaster tomato
- Better Boy tomato
- Black Persimmon tomato (黒柿番茄)
- Brandywine tomato
- Campari tomato
- Early Girl tomato
- Favorita tomato
- Green Zebra tomato
- Grosse Lisse tomato
- Juliet tomato
- Kumato tomato
- Momotaro tomato
- Moneymaker tomato
- Mountain Magic tomato
- Pusa Ruby tomato
- Rebelski tomato
- San Marzano tomato
- Santorini tomato
- Sungold tomato
- Sunstream tomato
- Super Sweet 100 tomato
- Sweet Hearts tomato
- Tasti-Lee tomato
- Trust tomato
- Yu Nu tomato (玉女番茄)
- Catskill Brussels sprouts
- Churchill Brussels sprouts
- Dagan Brussels sprouts
- Diablo Brussels sprouts
- Divino F1 Brussels sprouts
- Doric F1 Brussels sprouts
- Franklin Brussels sprouts
- Gladius Brussels sprouts
- Groninger Brussels sprouts
- Gustus Brussels sprouts
- Hestia Brussels sprouts
- Igor Brussels sprouts
- Jade Cross Brussels sprouts
- Long Island Improved Brussels sprouts
- Marte Brussels sprouts
- Nautic Brussels sprouts
- Red Bull Brussels sprouts
- Redarling Brussels sprouts
- Roodnerf Brussels sprouts
- Armenian cucumber (pale green, striped)
- Beit Alpha cucumber
- Boston Pickling cucumber
- Calypso cucumber
- Chinese Suvo Long cucumber

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**(All foods below are No-Pain)**

- Darina cucumber
- Excelsior cucumber
- Green Fingers Persian cucumber
- Iznik F1 cucumber
- Lemon cucumber
- Manar cucumber
- Natsu Fushinari cucumber
- Picolino F1 cucumber
- Poona Kheera cucumber
- Shintokiwa cucumber
- Sumter cucumber
- Telegraph Improved English cucumber
- Tokiwa cucumber
- Tyria F1 cucumber
- White Wonder cucumber
- Kaohsiung No. 4 cucumber (高雄4號夏植小黃瓜)
- Show Green cucumber (秀綠大黃瓜)
- Bamboo ginger (竹薑)
- Calicut ginger
- Greater Galangal ginger (大南薑)
- IISR-Varada ginger
- Ing Makhir ginger
- Jahe Gajah ginger
- Maran ginger
- Nadia ginger
- Rio de Janeiro ginger
- Shandong Big ginger (山東大薑)
- Suprabha ginger
- Suruchi ginger
- Tabin Giwa ginger
- Thingpui ginger
- Wayanad ginger
- Yellow Hawaiian ginger
- Yunlin Yellow ginger (雲林黃薑)
- Amber Globe turnip
- Geisha turnip
- Golden Ball turnip
- Hakurei turnip
- Hirosaki Red turnip
- Hinona Kabu turnip
- Just Right turnip
- Macomber turnip
- Market Express turnip
- Navet de Nancy turnip
- Nozawana turnip greens
- Oasis turnip
- Petrowski turnip
- Purple Top Milan turnip
- Purple Top White Globe turnip
- Royal Crown turnip
- Scarlet Queen turnip
- Seven Top turnip greens
- Shogoin turnip
- Snowball turnip
- Tokyo Cross turnip
- Tokyo Market turnip
- White Egg turnip
- White Lady turnip
- Amula Yellow Guinea yam
- Aomori Nagaimo yam
- Ekiti White Guinea yam
- Huaiqing Tiegun yam
- Icho-imo yam
- Kinampay purple yam (Ube)
- Kponan Yellow Guinea yam

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**(All foods below are No-Pain)**

- Mapuey (Yampy) yam
- Tainung No.1 yam
- Tokachi Nagaimo yam
- Tsukune-imo yam
- Pona White Guinea yam
- Wuzhi Tiegun yam
- Yamato-imo yam
- BRS Gema de Ovo cassava
- BRS Gema de Ovo cassava
- BRS Ocaucu cassava
- BRS Tapioqueira cassava
- H-165 cassava
- KM94 cassava
- KU50 cassava
- Rayong 5 cassava
- Rayong 72 cassava
- Sree Athulya cassava
- Sree Harsha cassava
- TME 419 cassava
- TMEB 419 cassava
- TMEB 693 cassava
- TMS 92/0057 cassava
- TMS 92/0326 cassava
- TMS 98/0505 (Fine Face) cassava
- Beijing Xin No.3 Chinese cabbage (北京新3號大白菜)
- Bilko F1 Chinese cabbage
- China Coast F1 Chinese cabbage
- China Express Chinese cabbage
- China Gold F1 Chinese cabbage
- China King F1 Chinese cabbage
- Chun-gwang Chinese cabbage (춘광배추)
- Chunqiu 54 Chinese cabbage (春秋54大白菜)
- Emiko F1 Chinese cabbage
- Haku F1 Chinese cabbage
- Haruki 85 Chinese cabbage (ハレギ85白菜)
- Jiaozhou Chinese cabbage (膠州大白菜)
- Jigokoro 85 Chinese cabbage (黄ごころ85白菜)
- Little Jade F1 Chinese cabbage
- Manoko F1 Chinese cabbage
- Matsushima Jun No.2 Chinese cabbage (松島純2号白菜)
- Minuet F1 Chinese cabbage
- Mirako F1 Chinese cabbage
- Monument F1 Chinese cabbage
- Musou Hakusai Chinese cabbage (無双白菜)
- Optiko F1 Chinese cabbage
- Sumiko F1 Chinese cabbage
- Taranko F1 Chinese cabbage
- Tianjin Qingmaye Chinese cabbage (天津青麻葉大白菜)
- Yuki F1 Chinese cabbage
- American Flag leek
- Bandit leek
- Below Zero F1 leek
- Blue Solaise leek
- Bluegreen Winter leek
- Bulgarian Giant leek
- Carentan leek

**Be Vegan, Keep Peace.**

**(All foods below are No-Pain)**

- Dawn Giant leek
- De Carentan 2 leek
- Elephant leek
- Giant Musselburgh leek
- Gros Long d'Été leek
- Hannibal leek
- Jolant leek
- King Richard leek
- King Sieg leek
- Lancelot leek
- Lincoln leek
- Megaton leek
- Pancho leek
- Porbella F1 leek
- Porvite F1 leek
- Prizetaker leek
- Pluston F1 leek
- Tadorna leek
- Varna leek
- Zermatt F1 leek
- Bunapi white beech mushroom
- Hokuto brown beech mushroom (Bunashimeji)
- Amycel Heirloom cremini/portobello mushroom
- Sylvan Bavarian Brown cremini/portobello mushroom
- NSHE1 lion's mane mushroom
- HK-35 white oyster mushroom
- Hokuto Eryngii oyster mushroom
- Pohu PH01 oyster mushroom
- China Shii 101 shiitake mushroom
- Night Velvet shiitake mushroom
- Snow Cap shiitake mushroom
- WR46 shiitake mushroom
- Sylvan A15 white mushroom
- Agarikon mushroom (Laricifomes officinalis)
- Bamboo fungus (Phallus indusiatus)
- Birch Polypore mushroom (Fomitopsis betulina)
- Cauliflower mushroom (Sparassis crispa, Sparassis latifolia)
- Golden chanterelle mushroom (Cantharellus cibarius)
- Pacific chanterelle mushroom (Cantharellus formosus)
- Clustered Coral mushroom (Ramaria botrytis)
- Elm Oyster mushroom (Hypsizygus ulmarius)
- Hedgehog mushroom (Hydnum repandum)
- Matsutake mushroom (Tricholoma matsutake)
- Porcino mushroom (King Bolete/Boletus edulis)
- Saffron milk cap mushroom (Lactarius deliciosus)
- Scaly wood mushroom (Agaricus silvaticus)
- Summer bolete mushroom (Boletus reticulatus)
- Termitomyces heimii mushroom
- Turkey Tail mushroom (Trametes versicolor)

**Be Vegan, Keep Peace.**



**(All foods below are No-Pain)**

- Bianchetto truffle (Tuber borchii)
- Italian white winter truffle (Tuber magnatum)
- Terfezia boudieri desert truffle
- Terfezia claveryi desert truffle

**Please note: We will update  
when possible with more  
No-pain and Have-pain foods.  
This is not a complete list.**

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