

Temperature 32^o to 36^o

Apples	Boc Choy	Corn	Grapes	Mustard	Radicchio	Sprouts
Apricots	Broccoli	Daikon	Greens (Collard, Kale)	Nectarines (Ripe)	Radishes	Strawberries
Artichokes	Brussels Sprouts	Dates	Herbs (except basil)	Onions (Green)	Raspberries	Swiss Char
Arugula	Cabbage	Eggplant	Horseradish	Nuts	Rhubarb	Turnips
Asparagus	Carrots	Endive	Kale	Parsnips	Romaine	WaterCress
Bean (Lima)	Cauliflower	Escarole	Kiwi (Ripe)	Peaches (ripe)	Rutabaga	
Bean (Fava)	Celery	Fresh-Cut Vegetables and Fruit	Leek	Pears	Salad Mixes	
Beets	Celery Root	Fig	Lettuce	Peas	Salsify	
Blackberries	Cherries	Frissae	Mache	Plums	Shallots	
Blueberries	Coconuts	Garlic	Mushrooms	Pomegranate	Spinach	

Temperature 40^o to 50^o

Avocados (ripe)	Eggplant	Pineapple
Bean (Snap)	Melons (Ripe)	Kumquat
Cantaloupe	Okra	
Cranberries	Oranges	
Cucumbers	Peppers	

Temperature 45^o to 50^o

Basil	Limes	Pineapple	Tangerines
Chayote	Passion Fruit	Plantains	Tomatillo
Cucumber	Pepino Melon	Okra	Watermelon
Lemons	Peppers	Squash	

Temperature 60^o to 65^o

Ginger Root	Pumpkin
Jicama	Potato
Mango	Sweet Potatoes
Melons	Tara Root
Onions	Tomatoes
Papaya	Yuca