

## Greens Verduras

arugula	rúcula
bok choy	col china
swiss chard	acelgas
lettuce	lechuga
mizuna	mostaza de agva
vegetable mustard	mostaza vegetal
spinach	espinaca

## Squashes Calabaza

pumpkin	calabaza
zucchini	calabacín

## Other Vegetables Otras Verduras

artichoke	alcachofa
asparagus	espárragos
celery	apio
corn	maíz
fennel	hinojo
cucumber	pepino
peas	guisantes
tomato	tomate
mushroom	hongo
bell pepper	pimenton
eggplant	berenjena
beans	frijoles
green beans	judías verdes



# TRANSLATION FROM ENGLISH TO SPANISH

Please submit corrections or request additional words and languages to: [nutrition@bcfarmersmarket.org](mailto:nutrition@bcfarmersmarket.org)

We thank MOSAIC, one of our Farmers Market Nutrition Coupon partners, for engaging the assistance of their staff and clients to help improve our translations.



**FRUIT FRUTA****Tree Fruit Fruta del Arbol**

quince	membrillo
apple	manzana
apricot	albaricoque
cherry	cereza
kiwi	kiwi
nectarine	nectarina
peach	durazno
pear	pera
plum/prune	ciruela/ ciruela seca

**Berries Bayas/ Moras**

blackberry	Mora
blueberry	Mora azul
cranberry	arándano
currant	grosella
gooseberry	Grosella
grape	uva
huckleberry	arándano
raspberry	frambuesa
saskatoon berry	baya de servicio
strawberry	fresa

**Other Fruit Otra Fruta**

melon	melón
rhubarb	ruibarbo

**VEGETABLES VERDURAS****Root Vegetables Hortalizas de Raíz**

beet	remolacha
burdock root	raíz de bardana
carrot	zanahoria
garlic	ajo
leek	cebolla verde
parsnip	chirivía
potato	papa
radish	rábano
onion	cebolla
shallot	chalote
jerusalem artichoke	alcachofa jerssalen
rutabaga	nabo sueco
turnip	nabo

**Cabbages Repollo**

broccoli	brócoli
cauliflower	coliflor
green cabbage	col verde
kohlrabi	colinabo
red cabbage	repollo rojo
brussel sprout	col de Bruselas
collard greens	col rizada
kale	col rizada