

Greens ቆፅለዎይ

arugula	ጅር ጅር ሰላጣ
bok choy	ሓምሊ
swiss chard	ስዊስ ቻርድ
lettuce	ሰላጣ
mizuna	ሚዙና
vegetable mustard	ኣሕምልቲ ኣድሪ
spinach	ሓምሊ ቆስጣ

Squashes ዱባ

pumpkin	ዱባ
zucchini	ዝኩኒ

Other Vegetables ካልኣት ኣሕምልቲ

artichoke	ኣርቲሾክ
asparagus	ኣስፓራጎስ
celery	ሰለሪ
corn	ዕፋን
fennel	ብጫ ዕምባባ ዘለዎ ተኽሊ
cucumber	ኩከምባር
peas	ዓተር
tomato	ኮሚደረ
mushroom	ቃንጥሻ
bell pepper	ፔፐር
eggplant	መለንዛን
beans	ባልዶንጋ
green beans	ፎሶልያ



Please submit corrections or request additional words and languages to: 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 ፍፍታ

Tree Fruit ፍረ ገረብ

quince	ንማልማላታ ዝኸውን ዓይነት ፍረ
apple	ሜሊ
apricot	አፕሪኮት።
cherry	ቸሪ
kiwi	ኪዊ
nectarine	ቱፋሕ
peach	ቱፋሕ
pear	ፐር
plum/prune	ፕላም/ ዝነቐጸ ፕላም

Berries ፍረ

blackberry	ብላክ ብሌሪ
blueberry	ብሉ ቤሪ
cranberry	ክራንቤሪ
currant	ቀይሕ ዓይነት ፍረ
gooseberry	ፍረ
grape	ወይኒ
huckleberry	ሁክለቤሪ
raspberry	ራስፕቤሪ
saskatoon berry	ሳስካቱን ቤሪ
strawberry	ስትሮበሪ

Other Fruit ካልእ ፍረታት

melon	ዓይነት ሓብሓብ
rhubarb	ሩባርብ

VEGETABLES ኣሕምልቲ

Root Vegetables ሱር ኣሕምልቲ

beet	ቀይሕ ሱር
burdock root	ሱር ቦርዶክ
carrot	ካሮት
garlic	ጸዕዳ ሽጉርቲ
leek	ናይ መረክ ሽጉርቲ
parsnip	ፓርስኒፕ
potato	ድንሽ
radish	ራዲሽ
onion	ሽጉርቲ
shallot	ሽጉርቲ
jerusalem artichoke	ኢየሩሳሌም ኣርቲቫክ
rutabaga	ሩታባጋ
turnip	ተርኒፕ

Cabbages ካውሎ

broccoli	ብሮኮሊ
cauliflower	ካውሎ ፍዮሪ
green cabbage	ቀጠልያ ካውሎ
kohlrabi	ዓይነት ካውሎ
red cabbage	ቀይሕ ካውሎ
brussel sprout	ብራሰለስ ስፕራውት
collard greens	ሓምሊ
kale	ኣድሪ