

Allergy Assessment Form

Please circle or check any items which you believe that you are allergic, sensitive or those tastes and textures you DO NOT care for. (List any other known allergies on reverse.)

Vegetables	Vegetables (Cont'd)	Herbs (Cont'd)	Nuts (Cont'd)
Amaranth,	Kale	Anise	Walnuts
Chinese	Kohlrabi	Basil	
Anise	Leek	Borage	Seeds
Artichoke	Lettuce	Caraway	Pumpkin
Asparagus	Mushroom	Chervil	Sesame
Adzuka	Okra	Cilantro	Sunflower
Beans, Green	Okra, Chinese	Cinnamon	
Beans, Chinese	(Dishcloth gourd	Cloves	Fruits
(Yard-long)	Luffa)	Coriander	Apple
Fava beans	Olives	Cumin	Apricot
Beet	Onion	Curry	Banana
Black-eyed Pea	Parsnip	Fennel	Berries
Bok Choy	Pea	Ginger	Bilberry
Borage	Pepper (Red/Green)	Marjoram	Blackberry
Broccoli	Potato	Mint	Blueberry
Brussels Sprouts	Pumpkin	Mustard	Boysenberry
Cabbage	Radish	Oregano	Cantaloupe
Cabbage, Chinese	Radish, Chinese	Paprika	Cherry
Carrot	(Daikon)	Parsley	Currants
Cauliflower	Rhubarb	Pepper, Red	Fig
Celeriac	Rutabaga	Pepper, Black	Grapes
Celery	Sesame	Pepper, White	Melon
Chayote	Shallots	Rosemary	Nectarines
Chicory	Snow Peas	Sage	Gooseberry
Chinese Mustard	(Edible-Pod	Savory	Kiwi Fruit
(Bok Choy)	Sugar Snap)	Sesame	Peaches
Collard	Soybean , Edible	Tarragon	Pear
Corn	Spinach	Thyme	Pineapple
Cucumber	Squash	Vanilla	Plum
Dandelion	Squash, Spaghetti		Pluot
Eggplant	Squash, Summer	Nuts	Plumquot
Endive	Sweet Potato	Almonds	Plumquot
English Pea	Swiss Chard	Brazils	Quince
Fennel	Taro	Cashews	Raspberry
Garlic	Tomatillo	Chestnuts	Strawberry
Ginger	Tomato	Coconuts	Watermelon
Globe Artichoke	Turnip	Hazels	
Gourds	Watercress	Macadamia Nuts	Other
Horseradish	Zucchini	Peanuts	Chocolate
Japanese Eggplant		Pecans	Food Coloring
Jerusalem Artichoke	Herb & Seasonings	Pine Nuts	Iodine
Jicama	Allspice	Pistachios	Shellfish