



JAPPA FRIENDLY VEGETABLE OPTIONS



LIST OF VEGETABLES

- Bottle gourd or lauki
- Raw papaya
- Ridged gourd or tori
- Pumpkin or kumbra
- Green pumpkin or kaccha kumbra
- Zucchini
- Ash gourd or chalkumra
- Carrot
- French green beans
- Long yard beans or barbatti
- Broad flat beans or sheem /papdi
- Ivy gourd or kundri
- Apple gourd or tinda
- Bitter gourd or karela
- Pointed gourd or parwal / patal
- Beetroot
- Drumsticks
- Mushroom
- Sweet potato
- Potato

For more info, reach out to www.thefirstparents.com