

Vegetable Crops – Listed By Family

Listed below are the most common vegetable crops grown in our garden. Each crop name contains a hyperlink that connects to a page with specific information on that crop – the page containing information on each crop’s

- Nutritional information
- How to begin – either with seeds or plant starts
- When to plant
- Thinning, training, pruning
- Signs of over-watering, nutrient deficiency
- Pests and pest controls
- Harvesting

Plant names followed by an asterisk (*) indicate a member of “The 14 vegetables best for health.”

<p>Alliaceae</p> <ul style="list-style-type: none"> • Chives • Garlic * • Leeks • Onions 	<p>Chenopodiaceae</p> <ul style="list-style-type: none"> • Beets • Spinach * • Swiss Chard *
<p>Asteraceae</p> <ul style="list-style-type: none"> • Lettuce 	
<p>Cucurbitaceae</p> <ul style="list-style-type: none"> • Cucumber • Pumpkin • Squash (including Zucchini) 	<p>Solanaceae</p> <ul style="list-style-type: none"> • Eggplant • Pepper • Tomato
<p>Cruciferae (also known as Brassicas and/or Mustards)</p> <ul style="list-style-type: none"> • Broccoli * • Brussels sprouts * • Bok choy • Cabbage (also Red Cabbage *) • Collard greens * • Kale * • Kohlrabi * • Radish • Rutabaga • Turnip 	<p>Umbelliferae</p> <ul style="list-style-type: none"> • Carrots * • Parsley • Parsnip • Cilantro

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Leguminosae (Legumes)

- [Green Peas](#) *
- [Beans](#)

Lamiaceae (Mint)

- [Basil](#)