the PLANT FAMILIES

Legumes

Fabaceae (legumes)

Green/String Beans
Dry/Soup beans
Peas
Fava beans
Soybeans
Peanuts
Chickpeas
Cowpeas
Alfalfa

Nightshades

Solanaceae
(Potato family)

Tomatoes
Peppers (hot, sweet, bell)
Eggplant
Potatoes
Tobacco

Sunflower

Asteraceae

Lettuce
Endive
Salsify
Sunflower
Artichokes

Alliums

Alliaceae
(Alliums/onion family)

Garlic
Onions
Leeks
Chives

Brassicas

Brassicaceae/Cruciferae
(Mustards)

Broccoli
Cauliflower
Brussel Sprouts
Kale
Kohl Rabi
Collards
Rutabaga
Turnip
Mustard greens
Asian greens/bok choi
Radishes

Chenopodiaceae

Spinach
Beets
Swiss Chard

Carrot

Carrots
Parsnips
Celery
Celeriac
Fennel
Herbs: Coriander
Parsley, Dill

Gourds

Cucurbitacae
(Curbits/fruiting vines)

Cucumbers
Muskmelons
Watermelons
Summer Squash/zucchini
Winter Squash/pumpkins
Gourds/luffa

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Seasonal Growing & Eating