



Vegetable Plant Families

Chenopodiaceae/Goosefoot Family:

Beets, Spinach, Swiss Chard, Lamb's Quarters

Compositae/Sunflower Family:

Chamomile, Chicory, Dandelion, Endive, Globe Artichoke, Jerusalem Artichoke, Lettuce, Salsify, Sunflowers

Cruciferae (Brassicaceae)/Mustard Family:

Bok Choy and other Asian greens, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Collards, Kale, Kohlrabi, Mustard, Radish, Rutabaga, Turnip

Cucurbitaceae/Gourd Family:

Cantaloupe, Cucumber, Gourd, Honeydew, Luffa, Pumpkin, Squash, Watermelon

Gramineae/Grass Family:

Corn, Oats, Rice Wheat, and other cereal crops

Leguminosae/Bean Family:

All Beans and Peas, Peanuts, cover crops such as Alfalfa, Clovers, and Vetch

Liliaceae/Lily Family:

Asparagus, Garlic, Leeks, Onions, Shallots

Solanaceae/Nightshade or Tomato Family:

Eggplant, Pepper, Petunia, Potato, Tobacco, Tomato

Umbelliferae (Apiaceae)/Carrot or Parsley Family:

Caraway, Carrots, Celery, Celeriac, Coriander, Dill, Fennel, Parsley, Parsnips

from Grace Gersuny's *Start With the Soil*

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