

Nightshade family (Solanaceae)

- ★Tomatoes
- ★Sweet Peppers
- ★Hot Peppers
- ★Eggplant
- ★Tomatillos
- ★Ground Cherries
- ★Golden Berries
- ➡Potatoes

Mustard family (Brassicaceae)

- Kale
- Broccoli
- Cauliflower
- Mustard
- Cabbage
- Brussels Sprouts
- Kohlrabi
- Turnip
- Rutabaga
- Radish
- Horseradish
- Bok choy

Melon family (Cucurbit)

- ★Cucumbers
- ★Watermelon
- ★Other melons
- Pumpkin
- Squash (butternut, acorn, spaghetti, delicata)
- Zucchini
- ★Luffa

Carrot family (Apiaceae/Umbelliferae)

- ➡Carrots
- Parsnip
- Parsley
- Fennel
- ★Celery
- Dill
- Coriander/Cilantro

Legume family (Fabaceae)

- Soy beans
- Green beans
- Dry beans (too many to count!)
- ➡Peas

Amaranth family (Amaranthaceae)

- Spinach
- Quinoa
- Beets
- Chard
- Lamb's Quarter

Daisy family (Asteraceae)

- Lettuce
- Sunflower
- Artichoke
- Calendula
- Marigold
- Dandelion
- ★Safflower
- Chamomile
- Coneflower/Echinacea

Morning Glory family (Convolvulaceae)

- ★Sweet Potatoes

Onion/Allium family (Amaryllidaceae)

- Onions
- Green Onions/Spring Onions
- Leeks
- Shallots
- Chives
- Garlic

Grass family (Poaceae)

- Wheat
- Barley
- Rice
- Rye
- Oats
- Corn
- Millet

Mint family (Lamiaceae)

- Basil
- Mint
- Sage
- Rosemary
- Thyme
- Lavender
- Marjoram
- Oregano
- Savory
- Hyssop
- Horehound
- Chia

Rose family (Rosaceae)

Perennial Fruits like:

- Strawberries
- Raspberries
- Apples
- Pears
- Plums
- Cherries
- Blackberries

★= start inside for best results

= how many weeks before last frost to start seeds

➡ = sow directly into dirt outside for best results

Common Foods and their families