

COMMON EDIBLES BY PLANT FAMILY

FAMILY	CROPS	PRODUCTIVE SEASON
Amaranthaceae-beet (was Chenopodiaceae)	amaranth, beet, chard, spinach, quinoa	cool/mix of seasons
Amaryllidaceae -onion	chives, leeks, garlic, onions, shallots	cool
Apiaceae-carrot	carrots, cilantro, celery, dill, fennel, parsnip, parsley	cool/mix of seasons
Asteraceae-daisy	artichoke, chamomile, lettuce, endive, sunchokes, sunflowers	cool/mix of seasons
Brassicaceae-cole	arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collards, horseradish, kale, kohlrabi, mustard, pak choy, radish, rutabaga, turnip	cool/mix of seasons
Cucurbitaceae-squash and pumpkin	cucumber, gourd, melon, pumpkin, winter and summer squash, watermelon	warm
Fabaceae-legumes	alfalfa, peas, beans, peanuts	mix of seasons
Lamiaceae-mint	basil, hyssop, lavender, marjoram, mint, oregano, rosemary, sage, savory, thyme	warm
Poaceae-grass	barley, corn, wheat, millet, oats, rye	warm
Roseaceae-rose	apple, blackberry, boysenberry, cherry, peach, pear, plums, raspberry, strawberry, quince	warm
Rutaceae-citrus	citrus	cool
Solanaceae-nightshade	eggplant, peppers, potatoes, tomatoes	warm
Misc.	asparagus, herbs etc.	mix of seasons, annuals & perennials