

# About Veggie Plants

## Vegetable Families

### *Nightshade Family (Solanaceae)*

- Tomatoes
- Eggplant
- Peppers
- Potatoes
- Tomatillos

### *Gourd Family (Curcubitaceae)*

- Cucumbers
- Melons
- Pumpkins
- Squash
- Watermelon

### *Pea Family (Fabaceae)*

- Beans
- Fava beans
- Peas
- Soybeans (edamame)

### *Beet Family (Chenopodiaceae or Amaranthaceae)*

- Beets
- Quinoa

- Spinach
- Swiss chard

*Sunflower Family (Asteraceae)*

- Endive
- Lettuce
- Radicchio

*Mustard Family (Brassicaceae)*

- Arugula
- Asian greens (bok choy)
- Broccoli
- Brussels sprouts
- Cabbage
- Collard greens
- Kale
- Kohlrabi
- Mustard greens
- Radishes
- Turnips

*Onion Family (Alliaceae)*

- Chives
- Garlic
- Leeks
- Onions
- Shallots

*Carrot Family (Apiaceae)*

- Carrots
- Celery
- Cilantro
- Dill
- Fennel
- Parsley
- Parsnips