

## Vegetable Families Chart

Vegetable Family	Heavy Feeders	Light Feeders
Nightshades - <i>Solanaceae</i>	Eggplant, peppers, tomatoes, <u>tomatillos</u> *	Potatoes
Morning Glory - <i>Convolvulaceae</i>		<u>Sweet potato</u>
Melons and Squash - <i>Cucurbitaceae</i>	Cantaloupe, cucumbers, melons, pumpkins, squash, watermelon, gourd	
Goosefoot - <i>Chenopodiaceae</i>	Swiss chard, spinach, beets	
Sunflower - <i>Compositae</i>	Lettuce, arugula, chicory, endive, escarole, radicchio	Sunflower
Cole or Cabbage - <i>Brassicaceae</i>	Broccoli, brussel sprouts, cabbage, cauliflower, collards, kale, kohlrabi	Mustard greens, radish, turnip, rutabaga
Onions - <i>Alliaceae</i>	Asparagus	Chives, garlic, leeks, onions, shallots
Legumes - <i>Fabaceae</i>		Beans, peas, peanuts
Grasses - <i>Poaceae</i>	Corn, winter wheat, spelt	Spring wheat, barley, oats, rye, buckwheat
Carrot - <i>Umbelliferae</i>	Celery	Carrot, dill, chervil, cilantro, parsley, fennel, parsnip

\* Veggies that are underlined are controversial (at least in my research) and may be more in the middle when it comes to heavy or light feeding