

PLANT FAMILIES						
Solanaceous	Cruciferous	Cucurbits	Alliums	Amaranths	Legumes	Umbrellifers
Nightshades	Cabbage	Melons	Onion	Spinach	Pea	Carrot
Heavy	Heavy	Heavy	Heavy	Light	Light	Light
Fruit-K	Leaves-N	Fruit-K	Roots-P	Leaves-N		Root & Leaves
Tomato	Cabbage	Squash	Onions	Spinach	Beans	Carrots
Pepper	Broccoli	Cucumbers	Scallions	Beets	Peas	Parsnips
Eggplant	Cauliflower	Melons	Leeks	Chard	Soybeans	Celery
Potato	Brussel Sprout	Pumpkins	Garlic	Quinoa	Peanuts	Dill
	Mustard		Shallots		Chickpeas	Fennel
Aster	Turnip				Lentils	Caraway
Daisy	Radish					Anise
Leaves-N	Kale					Chervil
Lettuce	Kolrabi					Coriander
	Asian Greens					Cumin
						Caraway