

Leafy Greens Food List

LETTUCE FAMILY

- Romaine
- Red leaf
- Green leaf
- Oak leaf
- Iceberg lettuce
- Summercrisp lettuce
- Butterhead lettuce (includes Boston & Bibb types)

THE CHICORY FAMILY

- Belgian endive
- Curly endive (Frisée or Chicory greens)
- Escarole
- Radicchio

THE CHARD FAMILY

- Swiss chard
- Rainbow chard
- Beet greens
- Lambsquarters
- Amaranth greens

CRUCIFEROUS VEGETABLE FAMILY

- Cabbage
- Mustard greens
- Garden cress
- Watercress
- Bok choy
- Collard greens
- Kale
- Arugula
- Gai lan (Chinese broccoli)
- Rapini (also called broccoli rabe)
- Broccoli and their leaves
- Brussels sprouts
- Kohlrabi

UMBELLIFER FAMILY

- Parsley
- Carrot tops
- Celery
- Dill
- Fennel
- Cilantro
- Smallage (wild celery)
- Lovage
- Hogweed

MINT FAMILY

- Basil
- Lemon balm
- Lavender
- Marjoram
- Oregano
- Peppermint
- Rosemary
- Sage
- Spearmint
- Savory
- Tarragon
- Thyme

SPROUTS

- Broccoli sprouts
- Clover sprouts
- Alfalfa sprouts
- Sunflower sprouts
- Mung bean sprouts
- Garbanzo bean sprouts
- Adzuki bean sprouts
- Soybean sprouts
- Lentil sprouts
- Kale sprouts
- Green pea sprouts
- Radish sprouts
- Onion sprouts

- Fenugreek sprouts
- Mustard green sprouts
- Watercress sprouts
- Sesame seed sprouts
- Pumpkin sprouts
- Almond sprouts
- Buckwheat sprouts
- Quinoa sprouts
- Amaranth sprouts

MICROGREENS

- Cruciferous microgreens (cauliflower, broccoli, watercress, radish, arugula, cabbage, mustard, kale, kohlrabi)
- Lettuce microgreens
- Chicory family microgreens (endive, chicory, radicchio)
- Allium family microgreens (garlic, onion, leek, chives)
- Melon family microgreens (melon, squash, cucumber)
- Chard family microgreens (amaranth, Swiss chard, beet, quinoa)
- Umbellifer family microgreens (dill, carrot, celery, fennel)
- Mint family microgreens (basil, marjoram, mint, rosemary, sage, oregano)

OTHER GREENS

- Purslane
- Broadleaf plantain
- Pea greens, or pea shoots
- Borage
- Cat's ear, or flatweed
- Ceylon spinach
- New Zealand spinach
- Chickweed
- Dandelion greens
- Fiddlehead Ferns
- Fluted pumpkin leaves, or ugu
- Mâche
- Sweet potato greens
- Spinach
- Sorrel
- Water spinach