

# Joe Urbach's Recommended Varieties for a Phytonutrient Garden.

- Artichoke - Globe, Emerald
- Arugula - Apollo, Enrico Rao, Arugula, Sylvetta
- Asparagus - Purple, Mary Washington, Jersey Knight, Jersey King, Jersey Giant
- Avocado – Haas
- Beans – Chinese Yardlong ‘Asparagus’ Green Bean, Royal Burgundy, Cherokee Yellow Wax
- Beets – Detroit Dark Red, Early Wonder, Cylindra and Rainbow Mix
- Broccoli - Atlantic, Brigadier, Cavolo, Majestic Crown, Marathon, Packman and Purple Sprouting, broccoli Raab.
- Brussels Sprouts – Long Island, Churchill, Bubbles, Oliver, Diablo
- Cabbage – Bok Choy, Red Acre, Danish Ballhead, Deadon, Mammoth Red Rock, Red Express and Ruby Perfection
- Carrots – Cosmic Purple, Atomic Red, Solar Yellow, Lunar White, Red Cored Chantenay, Rainbow mix
- Cauliflower - Celio, Emeraude and Graffiti.
- Celeriac – Any varieties are great!
- Chives – Any varieties are great!
- Corn – Golden Bantam, Glass Gem, Strawberry Popcorn
- Cucumber – Lemon, Straight 8, Pickle Bush, Armenian
- Egg Plant – Black Beauty, Long Purple, Easter Egg, Italian Rosa Bianca
- Endive – Any varieties are great!
- Garlic – Any varieties are great!
- Ginger – Any varieties are great!
- Green Onion – Any varieties are great!
- Kale - Tuscan, Cavolo Nero, Lacinato, Red Russian and Redbor.
- Leeks – American Flag, Lancelot, Lincoln, Blue Solaise
- Lentils – Any varieties are great!
- Lettuce Greens – Cimmon, Red Salad Bowl, Buttercrunch, Lolla Rosa, Four Seasons Red, Prize Head, Romaine,
- Okra – Ruby Red, Red Burgundy, Clemson Spineless
- Onions – Southport Red, Red Burgundy, Tokyo Long Bunching, South Port White Globe Bunching, White Spanish, Riverside Yellow

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- Parsnips – Albion, Avonresistor, Countess, Gladiator, Hollow Crown Parsnip, The Student, White Gem
  - Peas – Dwarf Grey Snow Pea, Little Marvel Bush Peas
  - Peppers – Red Hot Cherry, Jalapeno – Any, All Colors of Sweet Bells; Red, Yellow, Orange, Green, White, Chocolate and Purple
  - Potatoes – Purple Peruvian, French Fingerling and Little Red, Potato, All Blue, All Red, Cranberry Red, Mountain Rose, Nicola, Ozette, Purple Majesty, Purple Peruvian, Ranger Russet, Ruby Crescent, Russet Norkotah
  - Radicchio – Any varieties are great!
  - Radish – Any varieties are great!
  - Rutabaga – Any varieties are great!
  - Salsify – Any varieties are great!
  - Shallots – Any varieties are great!
  - Solanum Fruit - Jaltomato, Otricoli Orange Berry, Litchi Tomato, Morelle De Balbis Tzimbalo Mellon Pear, Naranjilla, Dwarf Tamarillo, Pepino Melon
  - Spinach – Bloomsdale Long Standing, Mammoth
  - Sweet potato – Golden Jewel, Gerogia Red, Oklahoma Red, Nancy Hall, Yellow Jersey, Oakleaf, White Jewel, Carolina Ruby,
  - Swiss Chard – Ruby Red, Northern Lights Rainbow Mix
  - Tomato – Juliet Hybrid, Red Currant, Jubilee, Rutgers, San Marzano, Purple Cherokee, Yellow Pear as well as any cherry or grape tomato
  - Turnip – Golden Globe, Just Right, Scarlet Queen, Red Stem, Early Purple Top, Japanese Crown, Tokyo Cross.

You can find high quality, organic, hand harvested and hand sorted seeds for many of the phytonutrient-rich plants recommended in this list at:

[www.phytonutrientfarms.com](http://www.phytonutrientfarms.com)

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