

Recommended Varieties for a Phytonutrient Garden

- **Beets** – Detroit Dark Red, Early Wonder, Cyindra and Rainbow Mix
- **Beans** – Chinese Yardlong ‘Asparagus’ Green Bean, Royal Burgundy, Cherokee Yellow Wax
- **Cabbage** – Bok Choy, Red Acre, Danish Ballhead
- **Carrots** – Cosmic Purple, Atomic Red, Solar Yellow, Lunar White, Red Cored Chantenay, Rainbow mix
- **Chard** – Ruby Red, Northern Lights Rainbow Mix
- **Corn** – Golden Bantam, Glass Gem, Strawberry Popcorn
- **Egg Plant** – Black Beauty, Long Purple, Easter Egg, Italian Rosa Bianca
- **Lettuce/Greens** – Arugula, Cimmaron, Red Salad Bowl, Buttercrunch, Lolla Rosa, Four Seasons Red, Prize Head, Romaine, Spinach – Bloomsdale Long Standing
- **Okra** – Ruby Red, Red Burgundy, Clemson Spineless
- **Onions** – Southport Red, Red Burgundy, Tokyo Long Bunching, South Port White Globe Bunching, White Spanish, Riverside Yellow
- **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
- **Tomato** – Juliet Hybrid, Red Currant, Jubilee, Rutgers, San Marzano, Purple Cherokee, Yellow Pear as well as any cherry or grape tomato