
Vegetable Flavor Families

SWEET	BEETS, JICAMA, PARSNIPS, PEAS, THYME, TOMATO, SNAP PEAS, SNOW PEAS, SWEET POTATOES, WINTER SQUASH,
MILD/ NEUTRAL	BOK CHOY, BOSTON BIBB, CHARD, DAIKON RADISH, EGGPLANT, JICAMA, MIZUNA, NAPA CABBAGE, POTATOES, SPINACH, TATSOI, ZUCCHINI
EARTHY/ PUNGENT	BEETS, BROCCOLI, BROCCOLI RABE, BRUSSELS SPROUTS, CABBAGE (SAVOY), CAULIFLOWER, CELERY ROOT, COLLARDS, KALE, KOHLRABI, MUSHROOMS, PARSNIPS, RUTABAGA
GRASSY	ASPARAGUS, CELERY, CHARD, CUCUMBER, FENNEL, FRISEE, GREEN BEANS, MIZUNA, PARSLEY, ROMAINE, SHISO, SNOW PEAS, SPINACH, TATSOI
LICORICE	BASIL, ENDIVE, FENNEL
SPICY	ARUGULA, BASIL, CHILI PEPPER, HORSERADISH, LEEKS, MUSTARD GREENS, ONIONS, RADISH, TURNIP GREENS, TURNIPS, WATERCRESS
TART	LEMONGRASS, TOMATILLO, SORREL
BITTER	BELGIAN ENDIVE, CHICORY, CURLY ENDIVE, DANDELION LEAVES, EGGPLANT, ESCAROLE, FRISEE, RADICCHIO

FLAVOR IS INFLUENCED BY SEASONALITY, RIPENESS WHEN PRODUCE IS PICKED, EXPOSURE TO THE SUN, WATER, GROWING CONDITIONS, PLANT STRESS, AND THE PYSIOLOGY OF OUR PERSONAL PALATE.