

VEGETABLE FLAVOR FAMILIES

Archibald divides produce into these nine categories. If you like celery, you just might fall in love with another "grassy" green like mizuna.

GRASSY



Celery, asparagus, chard, spinach, mizuna, cucumbers, green beans

SWEET



Bell peppers, snap peas, beets, carrots, fennel, sweet potatoes, parsnips

SPICY



Radishes, onions, turnips, watercress, arugula, leeks, chile peppers, basil

BITTER



Chicory, radicchio, frisée, dandelion leaves, eggplant, escarole

EARTHY/PUNGENT



Beets, broccoli, cabbage, collards, kohlrabi, chard, mushrooms, rutabagas

MILD/NEUTRAL



Zucchini, chard, iceberg lettuce, daikon, eggplant, potatoes, spinach

TART



Lemongrass, sorrel, tomatillos

BUTTERY



Artichokes, peas, edamame, mushrooms, asparagus, avocados

ANISE



Fennel, basil, endive

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