

Vegetable families for planning crop rotation

Plant Families	Family member plants	Relative nutrient demands	Root pests & soil-borne diseases in the coastal region
1- Carrot family Apiaceae (Umbeliferae)	Carrots, celery, celeriac, parsnips, parsley, cilantro, dill	Light	Carrot rust fly
2- Cabbage (Mustard) family Brassicaceae (Cruciferae)	Broccoli, cabbages, Brussels sprouts, kales, cauliflower, Chinese cabbage, mustards, arugula, kohlrabi, radishes, rutabagas, turnips	Heavy (leaf crops moderate)	Cabbage root maggot; clubroot disease
3- Nightshade family Solanaceae	Tomatoes, peppers, eggplant, potatoes, ground cherries, tomatillo	Heavy	Soil-borne wilt viruses; nematodes
4- Onion family Alliaceae	Onions, leeks, garlic, shallots	Moderate	Onion maggot; several root diseases
Goosefoot family	Beets, spinach, Swiss chard	Light	Leafminer
Grass Family	Corn	Heavy	
Gourd family Cucurbitaceae	Cucumbers, squashes, melons, gourds, pumpkins	Heavy	
Pea family Fabaceae (Leguminosae)	Beans, peas, lentils, chickpeas, clover	light (soil builders)	Pea leaf weevil
Sunflower family Asteraceae (compositae)	Artichoke, lettuce, endive, Jerusalem artichoke, salsify	Light-moderate	
Valerian family Caryophyllae	Corn salad	Light	

Winter Crop Planting Dates

Date	What to Plant:
Feb.- Mar	Leeks, celeriac (indoors)
April – May	Swiss chard, parsley
Early June	Brussels sprouts, winter cabbage
Early July	Carrots, beets, rutabagas, endive & radicchio, Swiss chard/leaf beet, kohlrabi
Late July – early Aug.	Arugula, fall & winter lettuce, mizuna, collards, kale, daikon/winter radish, leaf mustards, mustard spinach, Chinese greens, spinach, winter onions & scallions, broccoli raab
Late Aug. – mid- Sept.	Corn salad, cilantro, arugula, winter lettuce
October	Garlic, broad beans

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