

James Spears' List of Vegetables for the Garden

Easy		*	* Recommended
Arugula	Eruca sativa		Germinates fast bolts easily
Onions	Allium	*	Grown from seed is best
Swiss Chard	Beta vulgaris	*	Easier to grow than spinach or beets
Bush beans	Fabaceae/ Legumiosae		Earlier but less yield than pole bean
Lettuce	Lactuca sativa		Slugs love lettuce, but so do I
Dill	Anethm graveolens	*	Succession planting is best
Mizuna /Mibuna	Brassica rapa nipposinica /japonica		Survives winter easily
Oregano	Oreganum vulgare	*	My most used dried herb
Tomatillo	Physalis philadelphica	*	Great sauces, less pests than tomato
Radish	Brassicaceae Raphanus sativus		Great for kids, fast garden food
Kale	Brassica oleracea Acephala	*	Ideal for 12month gardening
Rosemary	Rosmarinus officinalis	*	Soup and meat herb, survives 10C
Sage	Salvia officinalis.		Only for stuffing turkey and pork
Sorrel	Rumex acetosa	*	Sour and tart sauces
Garlic chives	Allium tuberosum	*	Out survives regular chives
Chives	Allium schoenoprasum	*	First alliums of spring
Winter Savoury	Satureja montana		12 month herb, same summer taste
Medium			
Perennial arugula	Diplotaxis tenuifolia	*	Spicer & better than annual arugula
Pole Beans	Phaseolus vulgaris	*	Ideal kitchen garden crop
Peas	Pisum sativum		Harder to grow than advertised
Tomatoes	Solanum lycopersicum	*	Hard work but worthwhile for payoff
Potatoes	Solanum tuberosum		Better purchased in a market
Leek	Allium ampeloprasum	*	Winter veggie, long growing season
Parsley	Petroselinum crispum	*	Start early and eat 10 months/year
Thyme	Thymus vulgaris	*	Undemanding herb
Vietnamese cilantro	Persicaria odorata		Easier than cilantro, same taste
Daikon /Lo Bak	Raphanus sativus		Bolts but big radish keeps for months
Carrot	Daucus carota	*	Some care required but productive
Beet	Beta vulgaris.		Not every soil likes them, but good
Zucchini	Cucurbita pepo	*	Foolproof summer produce
Raspberries	Rubus hybrids	*	Space eater but great for breakfast
Brussels sprouts	Brassica oleracea cultiv.		Winter survivor but requires work
Nasturtium	Tropaeolum majus	*	Aphids love them, edible flowers
Wild celery Par-cel, Smallage	Apium graveolens	*	I prefer it to regular celery, much easier to grow; a winter survivor
Difficult			
Jerusalem artichoke	Helianthus tuberosus		Invasive, productive, winter tuber
Artichoke	Cynara cardunculus		Picky, space grabber, tasty
Cabbage	Brassica oleracea		Disease prone, but good for winter
Sweet Peppers	Capsicum annum		Needs more heat than tomatoes
Eggplant	Solanum melongena		Even more heat than tomatoes
Cucumber	Cucumis sativus	*	Another heat lover; productive
Cilantro	Coriandrum sativum		Bolts fast, love it or hate it
Mint	Lamiaceae multiple genera	*	Invasive, doesn't like pots long term
Grapes	Vitis vinifera		Grown them for show not for wine
Pineapple Sage	Salvia elegans	*	Aromatic summer sage, frost kills
Salad Burnet	Rosaceae , Sanguisorba minor		Hard to find, perennial cuke flavour
Blueberries	Vaccinium Cyanococcus		Grow two or none, best for farmers
Celery	Apium graveolens		More work than necessary
Broad beans	Vicia faba		Aphids love them, long season
Kiwi	Actinidia deliciosa		If there is space, can be rewarding
Figs	Ficus carica		Can be grown in container