



Veggie Use Guide

Suggestions for Eating What You Grow

(770) 886-9334 • atlurbanfarms@gmail.com • www.atlurbanfarms.com

<i>These vegetables are all grown in the appropriate seasons by ATL Urban Farms. Enjoy!</i>		GOOD USED IN						BEST USED			
SEEDLING NAME	DESCRIPTION	Salad	Sandwich	Stir Fry	Steamed	Grill	Roast	Soup	Alone	Raw	With Other Ingredients
ARUGULA	Young leaves less peppery. Mature leaves strong peppery flavor.	X	X					X	X	X	X
BASIL , Asian, sweet	Anise flavor, Thai spring rolls, pesto.	X	X	X				X			X
BASIL , Italian, pesto	Clove accent flavor, good with tomatoes or sauces.	X	X	X				X	X		X
BASIL , Italian, purple	Basil flavor, sauces, slaws, dips.	X	X	X				X			X
BROCCOLI RAAB	Leaves have bitter, pungent taste, adds a lot of flavor to soups and stews. Plant forms tiny broccoli florets as well.	X		X	X	X	X	X	X		X
BRUSSELS SPROUTS	Plant forms tiny cabbages 1– 1½" dia., Use heads only – leaves and stems not good. Great steamed alone or stir fried with bacon and peppers, Yum!	X		X	X	X	X	X	X		X
CABBAGE , Chinese	Ruffled, lighter leaf, mild flavor	X	X	X	X	X		X	X		X
CHIVES	Flavor enhancer, chop fine and freeze	X		X				X	X		X
CILANTRO	Coriander, Asian, Latin, African, Indian flavors - Great pesto, pungent	X	X	X				X	X		X
COLLARD GREENS	Assertive acerbic taste.	X		X	X			X	X		X
CRESS/WATERCRESS	Use leaves and flowers, sharp peppery taste.	X	X					X	X	X	X
CUCUMBER , Asian	Long, mild, thin skin, burpless.	X	X					X	X	X	X
CUCUMBER , pickling	Firm, smaller for pickling, strong taste.								X	X	X
CUCUMBER , Traditional	Slightly bitter skin, great taste.	X	X					X	X	X	X
CUMIN	Distinctive strong flavor, fragrant ferny foliage similar to Dill, used in Asian and Latin dishes.	X		X				X			X
DILL	Bright tangy flavor, great with fish, salads, potatoes, chicken.	X	X	X				X			X
EGGPLANT , Italian	Use mostly cooked, mild flavor, good breaded and fried.		X	X		X		X	X		X



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ESCAROLE	Slightly bitter salad green, good in dips and as a scoop.	X	X						X	X	X
FENNEL	Sweet anise taste, adds flavor to all, chop thin for salad, great roasted.	X		X	X	X	X	X	X		X
FRISÉE	Slightly bitter salad green, tender texture, best raw.	X	X						X	X	X
GOURD , gremlin	Decorative only.										
KALE	Leafy green. Young crisp leaves can be used raw in salads. Mature leaves typically cooked. Great in smoothies.	X	X	X	X	X	X	X	X		X
KALETTE	A cross of kale and brussel sprouts. Sweet and nutty flavor, great in salads or grilled, roasted or sauteed.	X		X	X	X	X	X	X		X
KOHLRABI	Similar to broccoli in taste only sweeter. Only use stems. Young best raw in salad or slaw. Peel skin. Great cooked.	X		X	X	X	X	X	X		X
KOMATSUNA	Mild sweet mustard flavor. Spoon shaped leaves similar to spinach. Young leaves good raw. Mature leaves best cooked.	X		X	X			X	X		X
LEMON BALM	Herb. Scent of lemon with hint of mint., great in salad, tea, and with fish.	X			X	X	X				X
LETTUCES	All lettuce varieties great in salads, sandwiches, wraps, dips and as garnish. Too tender to cook. Use raw. Young and tender leaves are best tasting.	X							X	X	X
MARIGOLD , 'Tangerine Gem'	Flowers used in egg or rice dishes and to dress up salads and deserts. Leaves also great in salad.	X								X	X
MARJORAM	Herb. Tastes similar to Oregano but with more Sage qualities. Great in cream-based sauces or paired with pork or lamb.	X				X	X	X			X
MUSTARD GREENS	Peppery flavor - butter tames it. Young leaves best in salad. Mature leaves best steamed or in stir fry.	X		X	X			X	X		X
NASTURTIUM	Peppery taste. Use flowers and leaves. Slightly milder but similar to watercress.	X							X	X	X
OREGANO , Greek	Herb. Aromatic spicy flavor mostly used in Italian cooking. Great with veggies, in sauces, soups, and on pizza.	X						X			X



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PAC CHOI	Flavor between mild cabbage and spinach. Cook stems first, add leaves last. Best when lightly cooked. Very young leaves chopped in salads.	X		X	X	X		X	X		X
PANSY, Sorbet Mix	Flowers and leaves brighten any dish. Great in salads. Add color and floral flavors to both sweet and savory dishes.	X		X				X	X		X
PARSLEY	Herb. Flavoring agent. Brightens all dishes. Add near end of recipe for best flavor. Good in salads, dips, veggies and meats.	X		X				X			X
PEPPER, bell	Great raw and cooked. Spicier when green, milder when red.	X	X	X	X	X	X	X	X		X
PEPPER, Carmen, sweet	Richly sweet flavor. Perfect for roasting.			X		X	X		X		X
PEPPER, habañero	One of hottest varieties. Use sparingly. Use to add heat and spice to any food. Pairs well with tropical fruits. Good in salsas, sauces.			X		X	X	X			X
PEPPER, jalapeño, early	Seeds and membranes hold hottest heat flavor. Discard and use pepper for mild spice addition. Adds great flavor and mild heat to dishes. Use raw or cooked. Can be pickled.	X	X	X		X	X	X	X		X
PEPPER, Lunchbox	Sweet and flavorful. Great as snacks or delicious in salad or sautéed.	X	X	X		X	X	X	X		X
PURSLANE	Slightly sour and salty taste. Leaves and stems can be used. Cook low temp for short time. Young leaves can be used in salad.	X		X				X	X		X
RADICCHIO	Succulent, butter-flavored leaves. Used mainly as salad veggie. Great grilled. Flavor mellows in cooking.	X	X	X		X		X	X		X
ROSEMARY	Herb. Pungent flavor. Use with meat or potatoes, fish, chicken. Only use leaves.			X		X	X	X			X
SAGE, Common	Herb. Soft sweet savory flavor. Add at end of cooking for best flavor. Used in all types of cooking to add a savory note.			X		X	X	X			X
SHISO, Red	Earthy flavor with clove undertone. Used in Japanese food. Used raw. Delicious.	X							X	X	X
SORREL	Tangy succulent leaves much like spinach with lemon undertones and an acidic finish. Great to use with fatty meats & as a purée or soup.	X	X	X		X	X	X	X		X



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SPINACH	Tangy flavor perfect raw in salads & sandwiches or cooked. Recommend boiling or steaming to bring out sweeter tastes.	X	X	X	X			X	X		X
SQUASH, Acorn	Mild sweet nutty flavor. Cook with skin and then remove skin. Insides can be used in soup, stews, risotto or on its own.	X		X		X	X	X	X		X
SQUASH, Butternut	Fruit, seeds, flowers and leaves all edible. Sweet nutty flavor.	X		X		X	X	X	X		X
SQUASH, Spaghetti	Moist mellow nutty flavor. Flesh separates into long moist strings. Cook whole and use fork to pull out fruit. Can be used instead of spaghetti with sauce.	X			X	X	X		X		X
SQUASH, summer	All parts edible, great raw or roasted. Can be used in breads.	X	X	X	X	X	X	X	X		X
STEVIA	Very sweet leafy green. Perfect natural sugar substitute in tea, lemonade. Does not add sugar to the blood stream. Cannot be used in baking yet.										X
SWISS CHARD	Young leaves in salad. Mature leaves typically cooked. Slightly bitter taste - fades when cooked.	X		X	X	X		X	X		X
THYME, German Winter	Herb. Aromatic, delivers flavor of woody, savory and mint flavors. Can be used as stand-alone or in savory combinations.					X	X	X	X		X
THYME, orange	Same as above but with orange flavor tones.										
TOMATILLO	More firm and lustrous than a tomato, enclosed in paper husk, sweet and spicy flavor with a citrus edge. Used most often cooked in salsas and sauces.						X	X	X		X
TOMATO, red, Big Beef	The American standby, the Beefsteak.	X	X			X	X	X	X		X
TOMATO, 'Black Trifele', hrlm	Sublime rich flavor. Bartlett pear shaped. Purple brick color.	X	X			X	X	X	X		X
TOMATO, 'Boxcar Willie' hrlm	Red slicer tomato with distinctly delicious well-balanced rich sweet flavor. Perfect for juice, sauce or canning.	X	X			X	X	X	X		X
TOMATO, Cherokee Purp. hrlm	Medium. Large dusky pink with darker shoulders, full flavored.	X	X			X	X	X	X		X
TOMATO, cherry, Supersweet	Prolific yield of great tasting sweet tomatoes.	X							X		X

