

Jo Robinson's List of Recommended Varieties of Phytonutrient-Rich Fruits and Veggies for Your Garden

Type	Variety	Nutrition	Comments
Alliums			
Chives	Garlic chives	More nutritious than onion chives	A favorite in Asian cooking.
Garlic	'Spanish Roja'	All varieties are healthful.	A hardneck garlic recommended for its great flavor.
Onions	'Red Globe'	Gives you anthocyanins and quercetin.	
Shallots	'Bonilla'	Shallots are more nutritious than onions	Grow from seed and harvest the same year.
Apples			
	'Bramley's Seedling'	Three to four times more antioxidants than common varieties	A very large, late season apple that is Great Britain's favorite cooking variety. Rare here. Presently available at www.treesofantiquity.com Bring back cooking apples.
	'Liberty'	Twice as many phytonutrients as typical supermarket varieties.	Balanced blend of tart and sweet. Crisp. Available at many tree nurseries, including Raintree and Burnt Ridge. Very resistant to apple scab and fire blight. Heavy producer.
	'Northern Spy'	Nutritious skin and flesh.	Moderately resistant to apple scab. 1800 heirloom. Late season, good keeper .
Asparagus			
	'Purple Passion'	A purple variety rich in anthocyanins.	For maximum sweetness and health benefits, eat soon after harvest or purchase.
	'Jersey Knight'	Better for you than most green varieties.	For maximum sweetness and health benefits, eat soon after harvest or purchase.
Berries			
Blackberries	'Wild Treasure' blackberries	Close to wild blackberries in antioxidant activity.	A tart/sweet blackberry that is a cross between a wild trailing and an upright domesticated variety. Prolific. Thornless. Tasty. Available from Raintree Nursery.
Blueberries	'Elliot'	Among the highest in nutritional content	A relatively large, late season blueberry with a very good flavor.
	'Rancocas'	Rich in anthocyanins.	Very flavorful, medium-sized berry
	'Rubel'	One of the most nutritious.	Smaller, intensely flavored, semi-wild blueberry.
Raspberries	'Caroline'	Only raspberry that has shown to reduce breast cancer in animals.	Berries ripen in June and then again in August. Disease resistant. Preferred by many chefs.
Strawberries	'Ovation'	Two times more antioxidant protection than most varieties	Late maturing strawberry helps extend the season. Larger than Sweet Charlie.
	'Sweet Charlie'	Higher in antioxidants than most.	Sweet. Mid-season.
Carrots			
	'Cosmic Purple'	Extra-nutritious	Purple with an orange core. Very attractive when sliced. Sweet.
	'All Purple'	Richest in anthocyanins of all purple carrots.	Dark purple throughout. Striking contrast with orange carrots.
	'Purple Haze'		
Corn			

	‘Ruby Queen’	Very sweet and relatively rich in anthocyanins. A new release.	I’d love for others to test this new variety. Seeds available only from Burpee. Bring back the color to corn! Ask your grocery store to carry it.
Crucifers			
Cauliflower	‘Grafitti’	Purple-topped cauliflower rich in anthocyanins and glucosinolates.	For the most health benefits, eat raw or steam lightly. Large, attractive heads.
Broccoli	‘Packman’	A green variety that is extra-nutritious.	A common variety. You can find starts at many retail outlets. Keep cold and eat within 24 hours of harvest or purchase. Eat raw or steam for five minutes or less. For maximum nutrition and flavor, grow or purchase from a local farmer.
	‘Purple sprouting’	Rich in anthocyanins in addition to its anti-cancer glucosinolates.	Pick the small heads and come again. Great way to have broccoli for months on end. Keep cold and eat within 24 hours of harvest or purchase. Eat raw or steam for five minutes or less.
Grapes			
	‘Glenora’	Black grape rich in anthocyanins	Black seedless grape that ripens early. Prune end of cluster for larger grapes.
Greens			
	Numerous varieties	The most beneficial varieties of lettuce are red looseleaf, followed by green looseleaf varieties with a brown or reddish fringe.	‘Arugula,’ ‘Blackjack,’ ‘Cocarde,’ ‘Concept,’ (a long-lasting, green, nutritious variety) ‘Four Seasons,’ ‘Galactic Red,’ ‘Lollo Rosso,’ ‘Merlot,’ ‘Prizehead,’ ‘Radicchio di Treviso,’ ‘Red Iceberg,’ (the crunch of Iceberg lettuce but with far more food value.) ‘Red Oakleaf,’ and ‘Red Sails.’
Pears			
	‘Forelle’	Twice as many antioxidants as most pears, which tend to be low on the nutrition scale.	Beautiful German heirloom. Slow to produce fruit. Watch out for the pear slugs!
Potatoes			
	‘All-Blue’	Rich in anthocyanins.	Blue skin and flesh.
	‘French Fingerling’	50 times more antioxidants than the white, Kennebec potato.	Red skin with cream-colored flesh. Midway between a waxy and baking potato. Delicious. My favorite potato.
	‘Mountain Rose’	Antioxidant content similar to French Fingerling.	A red-skinned potato with a reddish-pink interior.
	‘Purple Puruvian’	More anthocyanins than any other potato.	Purple skin, amethyst-purple flesh. A stunner. 1,000-year Peruvian heirloom. Lumpy shape and variable in size..
Tomatoes			
	‘Indigo Rose’	Offers both anthocyanins and lycopene.	A pitch-black cherry tomato. Late to ripen. Don’t harvest until bottom turns red.
	‘Juliet’	Very high in lycopene.	A large grape tomato that is very sweet and makes sweet dried tomatoes.
	‘Matt’s Wild Cherry’	Very High in lycopene.	A small, wild cherry tomato discovered in Mexico about 15 years ago. A flavor bomb. Very rangy in growth. Plant where it can ramble. Produces for months and months.
	‘Sugar Lump’	High in lycopene.	Sweet and nutritious.cherry tomato.
	‘Sweetheart’	Cherry tomato high in lycopene.	Extra-sweet and nutritious. Thinner skin than Juliet.

Note: This is a short list of the delicious and extraordinarily nutritious varieties that I recommend for your garden. My book, *Eating on the Wild Side*, has more details on all of the above plants and about a hundred other varieties as well.

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