



Grow This!

Oregon Garden Challenge

Seed List for 2022

- Asparagus*
- Basil
- Beans, green/string
- Beans, lima
- Beans, dry (e.g. pinto, black)
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cantaloupe
- Carrot
- Cauliflower
- Celery
- Chives
- Chives, garlic
- Cilantro
- Collards
- Corn
- Cucumber
- Dill
- Eggplant*
- Flowers* (large variety of options)
- Kale
- Kohlrabi
- Lavender*
- Leeks
- Lettuce
- Nasturtium
- Okra*
- Onion
- Oregano
- Parsley
- Parsnips*
- Peas, black-eyed (cow peas)
- Peas, sugar
- Peas, sugar snap
- Pepper, mild* (e.g. bell, banana)
- Pepper, hot* (e.g. cayenne, jalapeño, habanero)
- Peppermint
- Pumpkin
- Radish
- Rosemary*
- Rutabaga
- Sage
- Snow peas
- Spinach
- Squash, summer* (e.g. zucchini)
- Squash, winter (e.g. acorn)
- Strawberry*
- Sunflowers
- Swiss chard
- Tarragon
- Thyme
- Tomato, medium or large* (e.g. beefsteak, Big Red, or Roma)
- Tomato, small* (e.g. red cherry)
- Watermelon*

Most of these seed types work great as microgreens.

Find out more here: <https://foodhero.org/microgreens-workshop>.

*Avoid using these seed types for microgreens.



Oregon State University
Extension Service
Master Gardener™

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