

# Guidelines for Crop Rotations

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- Never follow this year's crop with a member of the same family.
- Legumes, which enrich the soil, are generally beneficial preceding crops.
- Arrange your plan so that heavy feeders always follow legumes.
- Corn and beans are not greatly influenced in any detrimental way by the preceding crop.
- The onions, lettuces and squashes are generally beneficial preceding crops.
- Potato yields best after corn.
- Cabbage family following onions is beneficial (fall planting in central VA).
- Follow root crops with legumes.
- Squash and potatoes are considered "cleaning crops", leaving behind few weeds. That would make it beneficial to follow with root crops.

References: *New Organic Grower* by Eliot Coleman  
*Organic Gardening for the 21st Century* by John Fedor

# Crop Families

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- Chenopodiaceae - Goosefoot family: beets, spinach, Swiss chard
- Asteraceae - Daisy family: endive, chicory, artichokes, sunflowers, lettuce
- Convolvulaceae - Morning glory family: sweet potatoes
- Brassicaceae - Cole crop family: mustard, kale, radish, cabbage, Brussels sprouts, kohlrabi, broccoli, rutabagas, turnips, cauliflower
- Cucurbitaceae - Gourd family: watermelons, melons, cucumber, summer squash, winter squash
- Poaceae - Grass family: wheat, corn, rye, oats
- Alliaceae - Onion family: onions, leeks, shallots, garlic
- Polygonaceae - Buckwheat family: buckwheat
- Solanaceae - Nightshade family: tomatoes, peppers, eggplant, potatoes, okra
- Umbelliferae - Carrot family: celery, carrots, parsnips, parsley
- Legumes - Nitrogen givers: beans, peas, alfalfa, clover, vetch