

Cruciferous Bassica Vegetables

- Arugula
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Chinese cabbage
- Collard greens
- Daikon radish
- Horseradish
- Kale
- Kohlrabi
- Land cress
- Mustard greens
- Radish
- Rutabaga
- Shepherd's purse
- Turnip
- Watercress

The above list makes it clear that we should also be thinking about spices like brown mustard seed, yellow mustard seed, and horseradish as cruciferous vegetables, because they are! Health-supportive molecules like glucosinolates are concentrated in these spices in the same way that they are concentrated in the leaves of the plants (like mustard greens or horseradish greens).