

# Plant Variety Guide

**WHAT CAN I GROW IN THE FLEX FARM?** The Flex Farm grows an abundance of fresh food. While the system is designed to grow leafy greens, there are other plant varieties that thrive in the Flex Farm. These include fruiting and flowering plants. We encourage you to check out the tables below for inspiration and resources.



Fork Farms Proven Plant Varieties	
Specific varieties have been proven to optimally grow in the Flex Farm. Find Grow Guides on <a href="#">Farmative</a> .	
LETTUCE	HERBS
Butterhead Crisphead Loose Leaf Oak Leaf Romaine	Basil Chives Cilantro Dill Oregano Parsley Rosemary Sage Thyme
<b>SEEDS IN FLEX FARM SUPPLIES BOX:</b> Coastal Star Romaine, Green Star Lettuce, and Genovese Basil	
<b>SEED BUNDLES AVAILABLE TO <a href="#">SHOP ON FARMATIVE</a></b>	
<b>Salad Greens Seed Bundle</b> Cherokee Summer Crisp, Romaine, and Butterhead	<b>Global Brassicas Seed Bundle</b> Bok Choy, Spring Raab, Tatsoi
<b>Essential Seed Bundle</b> Romaine, Green Star Lettuce, and Genovese Basil	<b>Warm Herb Seed Bundle</b> Oregano, Rosemary, Sage, and Thyme
<b>Classic Herb Seed Bundle</b> Chives, Cilantro, Dill, Genovese Basil, Giant of Italy Parsley, and Sweet Thai Basil	

Other Plant Variety Recommendations			
The varieties listed have been tested by Fork Farms. Contact us to <a href="#">learn more</a> , as instructions may differ from the standard Grow Guides.			
BRASSICAS	LEAFY GREENS	FRUITING	FLOWERING
Arugula Collard Greens Kale Mizuna Mustard Greens	Sorrel Spinach Swiss Chard	Bareroot Strawberries Determinate Cherry Tomatoes Mini Cucumbers Snack Peppers	Chamomile Lavender Marigolds Mexican Mint Violas

**Partner- Inspired Plant Varieties**

Unique varieties grown by the Flex Farming Community. Experiment and post your results in the [Grower's Community](#).

HERBS	LEAFY GREENS	FRUITING	FLOWERING
Mint	Beet Greens Dandelion Greens Radish Greens Turnip Greens	Jalapeno Peppers Pole Beans Pumpkins Snow Peas	Nasturtium Poppies Zinnias