

Adapted from



# How to: Substitute Vegetables

YOU MAY not always have or be able to shop for specific items.

This is a list of vegetables that provide similar flavor profiles and have similar culinary properties.



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**HEAVY GREENS** KALE, CHARD, COLLARD GREENS, BOK CHOY, CABBAGE

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**TENDER GREENS** LETTUCE, MUSTARD GREENS, SPINACH, BABY GREENS, ARUGULA

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**HERBS (SWEET)** BASIL, PARSLEY, FENNEL, CILANTRO, MINT, OREGANO

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**HERBS (SAVORY)** ROSEMARY, THYME, SAGE

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**ALLIUMS** GARLIC, LEEKS, ONIONS, SHALLOTS

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**ROOTS (SOFT)** POTATO, SWEET POTATO, CARROTS, PARSNIP, CELERIAC, WINTER SQUASH

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**ROOT (FIRM)** BEETS, TURNIPS, RADISH, RUTABEGA, CELERIAC, KOHLRABI, BROCCOLI, CAULIFLOWER STEMS

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**TENDER THINGS** BEANS, GARLIC SCAPES, ASPARAGUS, BROCCOLINI

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**STALKS** CELERY, FENNEL, STEMS FROM HEAVY GREENS

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**BRASSICA BITS** BROCCOLI, CAULIFLOWER, BRUSSEL SPROUTS

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**TOMATOES** TOMATOES, TOMATILLOS

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**SWEET / CRISPY** SWEET CORN, SWEET PEPPERS, APPLES, ASIAN PEARS, GRAPES, SUMMER SQUASH, CUCUMBER, SWEET ONIONS

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**FRESH / CRISPY** SUMMER SQUASH, CUCUMBER

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