

The most common cruciferous vegetables are those from the cabbage family:

- Cabbage
- Broccoli
- Brussels sprouts
- Chinese cabbage
- Cauliflower
- Kale
- Watercress

However, even some root veggies, fall in this category:

- Radishes
- Parsnips
- Turnips
- Rutabaga
- Kohlrabi