



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 Farmative .	
LETTUCE	HERBS
Butterhead Crisphead Loose Leaf Oak Leaf Romaine	Basil Chives Cilantro Dill Oregano Parsley Rosemary Sage Thyme
SEEDS IN FLEX FARM SUPPLIES BOX	
Coastal Star Romaine, Green Star Lettuce, and Genovese Basil	
SEED BUNDLES AVAILABLE TO SHOP ON FARMATIVE	
Salad Greens Seed Bundle Cherokee Summer Crisp, Romaine, and Butterhead	Global Brassicas Seed Bundle Bok Choy, Spring Raab, Tatsoi
Essential Seed Bundle Romaine, Green Star Lettuce, and Genovese Basil	Warm Herb Seed Bundle Oregano, Rosemary, Sage, and Thyme
Classic Herb Seed Bundle Chives, Cilantro, Dill, Genovese Basil, Giant of Italy Parsley, and Sweet Thai Basil	

Other Plant Varieties Recommendations			
Varieties tested by Fork Farms. Contact us to learn more as instructions may differ from standard Grow Guides.			
BRASSICAS	LEAFY GREENS	FRUITING	FLOWERING
Arugula Collard Greens Kale Mizuna Mustard Greens	Sorrel Spinach Swiss Chard	Bareroot Strawberries Determinate Cherry Tomatoes Snack/Mini Cucumbers Snack Peppers	Chamomile Lavender Marigolds Mexican Mint

Partner-Inspired Plant Varieties			
Unique varieties tried by Flex Farmers. Experiment and post your results in the Growers 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