

# A Global Inventory of Perennial Vegetables

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## Key to the Inventory

### *Perennial Vegetables Defined*

The crops included in this global inventory all fit my definition of perennial vegetable: living three or more years, used as a vegetable and not a novelty crop or culinary herb, and not destroyed by harvesting. Some of these root crops are plant/replant perennials, meaning they are dug up for harvest but then some portion is replanted in the same or another hole, keeping the plant alive to produce again the following year. By vegetable, I mean leaves, leaf-stalks, shoots, flowers, flowerbuds (broccolis), tubers, corms, rhizomes, roots, pods, beans, and other above- or below-ground parts that are eaten raw or cooked as a meal or side dish. In the case of fruits, I mean fruits that are cooked and eaten as a meal or side dish (e.g., eggplant), not dessert fruits (e.g., strawberries).

### *Climate Zones*

Climate zones are based on those given in *Perennial Vegetables*, which were developed for the United States and Canada. I have added a few more climate types to make this a more global resource, though it is not a perfect fit in every case. Species listed in a climate zone will be perennial in all or most of that zone. Woody plants listed as “dieback” will be frost-killed but re-sprout to provide a legitimate harvest of some or all of their products (e.g., moringa will re-sprout and grow 15-20’, sometimes setting pods but always plenty of edible leaves.)

### *The Species*

This is by no means a comprehensive list of all of the perennial vegetables in the world. However it includes the most suitable species for the given climate zones that I know of. Some of the cold climate species I include are more marginal, whereas tropical species are mainly the best candidates because there is a greater number of crops available in those climate zones. I’ve added about ninety crops not profiled in *Perennial Vegetables* for a total of almost two hundred.

### *Region of Origin*

Note that this is a global inventory of perennial vegetables. Always start with species native to your region and build out from there. Some of these species are, or could become, serious weeds outside of their native range. A single asterisk (\*) in the “Origin” column indicates a terrestrial species that has or could naturalize aggressively. A double asterisk (\*\*) indicates aquatic species, which are particularly likely to naturalize and should be grown

with caution outside their native range. This is a global list, you may wish to avoid planting aggressively naturalizing species that are not from your area. Even invasive weeds such as air potato are native somewhere (in this case, a huge area from Africa to Australia), and should be taken advantage of at least in those areas.

### *Form*

This describes the form of the plant, whether it be tree, cactus, herb, etc. There's a lot more than herbaceous perennials out there!

### *Edible Parts*

This field describes what edible portion used as a vegetable, as well as any other edible uses it may have. Note that most of these vegetables should be cooked. "Must be cooked" in the the notes indicates toxicity; those plants absolutely must be cooked before eating.

### *Sun and Shade*

This indicates a plant's light preferences. One of the great things about perennial vegetables is that so many of them grow well in shade.

### *Moisture*

This field refers to moisture conditions most suitable to the plant including wet, mesic (medium), and dry. It also includes aquatic plant niches, including emergent aquatics (the roots are under water, but the leaves emerge above the water surface, whether deep or shallow), emergent floaters (similar to emergent aquatics, but the leaves float at the water surface and do not extend beyond it), floating aquatics (plants in this niche float at the surface but are not rooted into soil below), and submerged aquatics (completely underwater).

### *Notes*

This column has information on nuisances like spines and stinging, as well as toxicity or other concerns.

**EXTREME COLD:** This region covers most of inland Canada as well as the northern United States and portions of Europe and Asia. It corresponds with USDA zones 1–3, and Sunset Zones 1, 44, and 45. Note that heavy snow cover can provide excellent insulation in this zone, but the short season and lack of hot summers are serious limiting factors.

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Allium cernuum</i>	nodding wild onion	Eurasia	herb	greens	sun to part	dry to mesic	
<i>Asclepias syriaca</i> , <i>A. speciosa</i>	showy and common milkweed	North America	herb	shoots, flowerbuds, young leaves, pods	sun	dry to mesic	
<i>Centranthus ruber</i>	red valerian	Eurasia	herb	greens	sun to part	dry to mesic	
<i>Helianthus maximiliani</i>	Maximilian sunflower	North America	giant herb	shoots, seeds	sun	dry to mesic	
<i>Helianthus tuberosus</i>	sunchoke	eastern North America	giant herb	tubers	sun	mesic	
<i>Lemna</i> spp.	duckweed	worldwide**	microherb	greens	sun	floating aquatic	
<i>Matteuccia struthiopteris</i>	ostrich fern	Eurasia, North America	fern	shoots	part to shade	wet to mesic	must be cooked
<i>Nasturtium officinale</i>	watercress	Eurasia**	giant herb	leaves	sun	emergent floating aquatic to wet	
<i>Oxyria digyna</i>	mountain sorrel	Eurasia, North America	herb	greens	sun to part	mesic	
<i>Perideridia gairdnerii</i>	yampah	North America	herb	tubers	sun	wet to mesic	
<i>Rheum × cultorum</i>	rhubarb	Eurasia	herb	leafstalks	sun	mesic	leaves and roots toxic
<i>Sagittaria latifolia</i>	arrowhead	North America**	herb	tubers, shoots	sun	deep emergent aquatic	
<i>Typha</i> spp.	cattail	worldwide**	grasslike	shoots, root shoots, root starch, flowerbuds, pollen	sun	shallow emergent aquatic to wet	
<i>Wolffia</i> spp.	water meal	worldwide**	microherb	greens	sun	floating aquatic	

**COLD TEMPERATE:** This is a large and highly populated region covering much the eastern and central United States, as well as much of the warmer parts of Canada. Much of Europe and Asia, as some of temperate South America is in this climate type. This region corresponds with USDA Zones 4–7, and Sunset Zones 2–4, 6, 11, and 32–43.

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Allium ampeloprasum</i>	perennial leek	Eurasia	herb	whole plants	sun	mesic	
<i>Allium cepa aggregatum</i>	multiplier onion	Eurasia	herb	bulbs	sun	mesic	
<i>Allium cepa proliferum</i>	walking onion	Eurasia	herb	scallions	sun	mesic	
<i>Allium cernuum</i>	nodding wild onion	Eurasia	herb	greens	sun to part	dry to mesic	
<i>Allium fistulosum</i>	Welsh onion	Eurasia	herb	scallions	sun	mesic	
<i>Allium tricoccum</i>	ramps	North America	herb	whole plants	part to shade	wet to mesic	
<i>Allium tuberosum</i>	garlic chives	Asia	herb	greens, flowerbuds	sun to part	dry to mesic	
<i>Apios americana</i>	groundnut	North America	vine	tubers, beans	sun to part	wet to mesic	
<i>Aralia cordata</i>	udo	Asia	giant herb	shoots	part shade	mesic	
<i>Arundinaria gigantea</i>	river cane	North America*	bamboo	shoots	sun to part	mesic	
<i>Asclepias syriaca</i> , <i>A. speciosa</i>	showy & common milkweed	North America	herb	shoots, flowerbuds, young leaves, pods	sun	dry to mesic	
<i>Asparagus officinalis</i>	asparagus	Eurasia	herb	shoots	sun	mesic	
<i>Asphodeline lutea</i>	yellow asphodel	Eurasia	herb	tubers	sun	mesic	
<i>Beta vulgaris maritima</i>	sea beet	Eurasia*	herb	greens	sun	mesic	
<i>Bunias orientalis</i>	Turkish rocket	Eurasia*	herb	greens, broccolis	sun to part	dry to mesic	
<i>Camassia cusicki</i>	camass	western North America	herb	bulbs	sun	wet to mesic	must be cooked
<i>Camassia leichtlinii</i>	camass	western North America	herb	bulbs	sun	wet to mesic	must be cooked
<i>Camassia quamash</i>	camass	western North America	herb	bulbs	sun	wet to mesic	must be cooked
<i>Camassia scillioides</i>	camass	eastern North America	herb	bulbs	sun	wet to mesic	must be cooked
<i>Cedrella sinensis</i>	fragrant spring tree	Asia	tree	greens	sun	mesic	

**COLD TEMPERATE** continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Centranthus ruber</i>	red valerian	Eurasia	herb	greens	sun to part	dry to mesic	
<i>Chenopodium bonus-henricus</i>	good King Henry	Eurasia	herb	greens, shoots, broccolis	sun to part	mesic	
<i>Cicorium intybus</i>	chicory	Eurasia*	herb	greens	sun to part	mesic	
<i>Crambe cordifolia</i>	colewort	Eurasia	herb	greens, broccolis	sun	dry to mesic	
<i>Crambe maritima</i>	sea kale	Eurasia	herb	greens, broccolis, roots	sun	dry to mesic	
<i>Dioscorea japonica</i>	jinenjo	Asia	vine	tubers	sun	mesic	must be cooked
<i>Dioscorea opposita</i>	Chinese yam	Asia*	vine	tubers	sun	mesic	must be cooked
<i>Diplotaxis muralis, D. tenuifolia</i>	sylvetta arugula	Mediterranean*	shrub, herb	greens	sun to part	dry to mesic	
<i>Hablitzia tamnoides</i>	Caucasian spinach	Eurasia	vine	greens, shoots	part shade	dry to mesic	
<i>Helianthus maximiliani</i>	Maximilan sunflower	North America	giant herb	shoots, seeds	sun	dry to mesic	
<i>Helianthus tuberosus</i>	sunchoke	eastern North America	giant herb	tubers	sun	mesic	
<i>Hemerocallis</i> spp.	daylily	Asia	herb	flowerbuds, flowers	sun to part	mesic	
<i>Laportea canadensis</i>	wood nettle	eastern North America	herb	greens	part to shade	mesic	stings, must be cooked
<i>Lemna</i> spp.	duckweed	worldwide**	microherb	greens	sun	floating aquatic	
<i>Levisticum officinale</i>	lovage	Eurasia	herb	greens, shoots, leafstalks	sun to part	mesic	
<i>Lomatium</i> spp.	biscuit root	North America	herb	tubers	sun	dry to mesic	
<i>Lycium chinense</i>	leaf goji	Asia	shrub	greens, fruits	sun to part	mesic	spiny
<i>Malva moschata</i>	gumbo leaf mallow	Eurasia	herb	greens	sun to part	mesic	
<i>Matteuccia struthiopteris</i>	ostrich fern	Eurasia, North America	fern	shoots	part to shade	wet to mesic	must be cooked
<i>Morus alba</i>	mulberry	Asia*	tree	greens, fruit	sun to part	dry to mesic	must be cooked
<i>Nasturtium officinale</i>	watercress	Eurasia**	giant herb	leaves	sun	emergent floating aquatic to wet	

**COLD TEMPERATE** continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Nelumbo lutea</i>	American lotus	North America**	giant herb	tubers, seeds	sun	deep emergent aquatic	
<i>Nelumbo nucifera</i>	Chinese lotus	Eurasia**	giant herb	tubers, seeds	sun	deep emergent aquatic	
<i>Oenanthe javanica</i>	water celery	New Guinea, Asia**	herb	greens	sun to part	emergent floating aquatic to wet	
<i>Oxyria digyna</i>	mountain sorrel	Eurasia, North America	herb	greens	sun to part	mesic	
<i>Perideridia gairdneri</i>	yampah	North America	herb	tubers	sun	wet to mesic	
<i>Petasites japonicus</i>	fuki	Asia*	giant herb	leafstalks	part to shade	wet to mesic	
<i>Phyllostachys</i> spp.	running bamboo	Asia*	bamboo	shoots	sun to part	mesic	
<i>Physalis heterophylla</i>	clammy ground cherry	North America	herb	fruits	sun	mesic	
<i>Physalis longifolia</i>	longleaf ground cherry	North America	herb	fruits	sun	mesic	
<i>Physalis pruinosa</i>	ground cherry	North America	herb	fruits	sun	mesic	
<i>Phytolacca americana</i>	pokeweed	North America*	giant herb	young shoots, cooked in three water changes	sun to part	mesic	
<i>Polygonatum commutatum</i>	giant Solomon's seal	Eastern North America	herb	shoots, tubers	sun to part	mesic	
<i>Rheum australe</i>	Himalayan rhubarb	Eurasia	herb	leafstalks	sun	mesic	leaves and roots toxic
<i>Rheum palmatum</i>	turkey rhubarb	Eurasia	herb	leafstalks	sun	mesic	leaves and roots toxic
<i>Rheum × cultorum</i>	rhubarb	Eurasia	herb	leafstalks	sun	mesic	leaves and roots toxic
<i>Rhus typhina</i>	staghorn sumac	North America	shrub	shoots	sun	mesic	
<i>Rumex acetosa</i>	French sorrel	Eurasia	herb	greens	sun to part	mesic	
<i>Rumex acetosella</i>	sheep sorrel	Eurasia	herb	greens	sun to part	mesic	
<i>Rumex scutatus</i>	buckler-leaf sorrel	Eurasia	herb	greens	sun to part	mesic	

**COLD TEMPERATE** continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Sagittaria latifolia</i>	arrowhead	North America**	herb	tubers, shoots	sun	deep emergent aquatic	
<i>Sasa kurilensis</i>	running bamboo	Asia*	bamboo	shoots	sun to part	mesic	
<i>Scorzonera hispanica</i>	scorzonera	Eurasia	herb	leaves, roots, broccolis	sun	mesic	
<i>Semiarundinaria fastuosa</i>	running bamboo	Asia*	bamboo	shoots	sun to part	mesic	
<i>Sium sisarum</i>	skirret	Asia	herb	tubers	sun to part	wet to mesic	
<i>Stachys sieboldii</i>	Chinese artichoke, crosnes	Asia	herb	tubers	sun	wet to mesic	
<i>Taraxacum officinale</i>	dandelion	Eurasia	herb	greens	sun	mesic	
<i>Tetragonia tetragonioides</i>	New Zealand spinach	Australia	herb	greens	sun	dry to mesic	
<i>Tilia</i> spp.	linden, lime, basswood	Eurasia, North America	tree	greens	sun to shade	mesic	
<i>Typha</i> spp.	cattail	worldwide**	grasslike	shoots, root shoots, root starch, flowerbuds, pollen	sun	shallow emergent aquatic to wet	
<i>Urtica dioica</i>	stinging nettle	Eurasia, North America	herb	greens	sun to part	mesic	stings
<i>Wolffia</i> spp.	water meal	worldwide**	microherb	greens	sun	floating aquatic	

**COOL MARITIME:** From San Francisco north to Vancouver and the Alaska panhandle is a narrow, highly populated coastal region. This region corresponds with USDA Zones 8–9, and Sunset Zones 5 and 17. Much of Britain is similar, as are some mild southern hemisphere regions including New Zealand.

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Allium ampeloprasum</i>	perennial leek	Eurasia	herb	whole plants	sun	mesic	
<i>Allium cepa aggregatum</i>	multiplier onion	Eurasia	herb	bulbs	sun	mesic	
<i>Allium cepa proliferum</i>	walking onion	Eurasia	herb	scallions	sun	mesic	
<i>Allium cernuum</i>	nodding wild onion	Eurasia	herb	greens	sun to part	dry to mesic	
<i>Allium fistulosum</i>	Welsh onion	Eurasia	herb	scallions	sun	mesic	
<i>Allium tuberosum</i>	garlic chives	Asia	herb	greens, flowerbuds	sun to part	dry to mesic	
<i>Allium ursinum</i>	ramsons	Eurasia	herb	whole plants	part to shade	wet to mesic	
<i>Apios americana</i>	groundnut	North America	vine	tubers, beans	sun to part	wet to mesic	
<i>Apium prostratum filiforme</i>	wild celery	Australia	herb	stalks	sun	wet to mesic	
<i>Aralia cordata</i>	udo	Asia	giant herb	shoots	part shade	mesic	
<i>Asparagus officinalis</i>	asparagus	Eurasia	herb	shoots	sun	mesic	
<i>Asphodeline lutea</i>	yellow asphodel	Eurasia	herb	tubers	sun	mesic	
<i>Atriplex halimus</i>	saltbush	Mediterranean, North Africa	shrub	greens	sun	dry to mesic	
<i>Berula erecta</i>	water parsnip	North America, Eurasia**	herb	greens	sun	wet	
<i>Beta vulgaris maritima</i>	sea beet	Eurasia*	herb	greens	sun	mesic	
<i>Brassica napus</i>	“Western front” Kale	Eurasia	herb	greens	sun	mesic	
<i>Brassica oleracea</i>	wild cabbage	Eurasia	herb	greens	sun	mesic	
<i>Brassica oleracea</i>	“Colocha”	Eurasia	herb	greens	sun	mesic	
<i>Brassica oleracea alboglabra</i>	Gai Lon	Eurasia	herb	greens, broccolis	sun	mesic	
<i>Brassica oleracea botrytis</i>	“9 Star” perennial broccoli	Eurasia	herb	greens, broccolis	sun	mesic	
<i>Brassica oleracea ramosa</i>	branching bush kales, “Dorbentons” kale	Eurasia	shrub	greens	sun	mesic	



**COOL MARITIME** continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Bunias orientalis</i>	Turkish rocket	Eurasia*	herb	greens, broccolis	sun to part	dry to mesic	
<i>Camassia cusickii</i>	camass	western North America	herb	bulbs	sun	wet to mesic	must be cooked
<i>Camassia leichtlinii</i>	camass	western North America	herb	bulbs	sun	wet to mesic	must be cooked
<i>Camassia quamash</i>	camass	western North America	herb	bulbs	sun	wet to mesic	must be cooked
<i>Camassia scilloides</i>	camass	eastern North America	herb	bulbs	sun	wet to mesic	must be cooked
<i>Canna edulis</i>	achira, edible canna	Andes	giant herb	tubers, shoots	sun to part	wet to mesic	
<i>Cedrela sinensis</i>	fragrant spring tree	Asia	tree	greens	sun	mesic	
<i>Centranthus ruber</i>	red valerian	Eurasia	herb	greens	sun to part	dry to mesic	
<i>Chenopodium bonus-henricus</i>	good King Henry	Eurasia	herb	greens, shoots, broccolis	sun to part	mesic	
<i>Cicorium intybus</i>	chicory	Eurasia*	herb	greens	sun to part	mesic	
<i>Colocasia esculenta</i>	taro	New Guinea, Asia	herb	tubers, greens	sun to part	wet to mesic	must be cooked
<i>Crambe cordifolia</i>	colewort	Eurasia	herb	greens, broccolis	sun	dry to mesic	
<i>Crambe maritima</i>	sea kale	Eurasia	herb	greens, broccolis, roots	sun	dry to mesic	
<i>Cynara cardunculus</i>	cardoon	Eurasia*	herb	leafstalks	sun	dry to mesic	
<i>Cynara scolymus</i>	globe artichoke	Eurasia	herb	flowerbuds	sun	dry to mesic	
<i>Dioscorea opposita</i>	Chinese yam	Asia*	vine	tubers	sun	mesic	must be cooked
<i>Diplotaxis muralis, D. tenuifolia</i>	sylvestra arugula	Mediterranean*	shrub, herb	greens	sun to part	dry to mesic	
<i>Hablitzia tamnoides</i>	Caucasian spinach	Eurasia	vine	greens, shoots	part shade	dry to mesic	
<i>Helianthus maximiliani</i>	Maximilan sunflower	North America	giant herb	shoots, seeds	sun	dry to mesic	
<i>Helianthus tuberosus</i>	sunchoke	eastern North America	giant herb	tubers	sun	mesic	

**COOL MARITIME** continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Hemerocallis</i> spp.	daylily	Asia	herb	flowerbuds, flowers	sun to part	mesic	
<i>Laportea canadensis</i>	wood nettle	eastern North America	herb	greens	part to shade	mesic	stings, must be cooked
<i>Levisticum officinale</i>	lovage	Eurasia	herb	greens, shoots, leafstalks	sun to part	mesic	
<i>Lomatium</i> spp.	biscuit root	North America	herb	tubers	sun	dry to mesic	
<i>Lycium chinense</i>	leaf goji, wolfberry	Asia	shrub	greens, fruits	sun to part	mesic	spiny
<i>Malva moschata</i>	gumbo leaf mallow, muskmallow	Eurasia	herb	greens	sun to part	mesic	
<i>Marsdenia australis</i>	bush banana, Austral doubah	Australia*	vine	Pods, tubers, greens	sun	dry to mesic	
<i>Matteuccia struthiopteris</i>	ostrich fern	Eurasia, North America	fern	shoots	part to shade	wet to mesic	must be cooked
<i>Morus alba</i>	mulberry	Asia*	tree	greens, fruit	sun to part	dry to mesic	must be cooked
<i>Nasturtium officinale</i>	watercress	Eurasia**	giant herb	leaves	sun	emergent floating aquatic to wet	
<i>Nelumbo lutea</i>	American lotus	North America**	giant herb	tubers, seeds	sun	deep emergent aquatic	
<i>Nelumbo nucifera</i>	Chinese lotus	Eurasia**	giant herb	tubers, seeds	sun	deep emergent aquatic	
<i>Oenanthe javanica</i>	water celery	New Guinea, Asia**	herb	greens	sun to part	emergent floating aquatic to wet	
<i>Opuntia ficus-indica</i> , <i>O. robusta</i> , <i>O. streptacantha</i>	nopale cactus, tuna	Mesoamerica*	cactus	pads, fruit	sun	dry to mesic	spiny
<i>Oxalis tuberosa</i>	oca	Andes	herb	tubers	sun	mesic	
<i>Oxyria digyna</i>	mountain sorrel	Eurasia, North America	herb	greens	sun to part	mesic	
<i>Perideridia gairdneri</i>	yampah	North America	herb	tubers	sun	wet to mesic	
<i>Petasites japonicus</i>	fuki	Asia*	giant herb	leafstalks	part to shade	wet to mesic	
<i>Phaseolus coccineus</i>	runner bean	Mesoamerica	vine	beans, pods	sun	mesic	
<i>Phaseolus lunatus</i>	lima bean	Mesoamerica	vine	beans	sun	dry to mesic	

**COOL MARITIME** continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Phyllostachys</i> spp.	running bamboo	Asia*	bamboo	shoots	sun to part	mesic	
<i>Physalis peruviana</i>	goldenberry	Andes	herb	fruits	sun	mesic	
<i>Phytolacca americana</i>	pokeweed	North America*	giant herb	young shoots, cooked in three water changes	sun to part	mesic	
<i>Piper auritum</i>	root beer leaf, hoja santa	Mesoamerica*	shrub	greens, leafstalks	sun to part	mesic	
<i>Polygonatum commutatum</i>	giant Solomon's seal	eastern North America	herb	shoots, tubers	sun to part	mesic	
<i>Rheum australe</i>	Himalayan rhubarb	Eurasia	herb	leafstalks	sun	mesic	leaves and roots toxic
<i>Rheum palmatum</i>	turkey rhubarb	Eurasia	herb	leafstalks	sun	mesic	leaves and roots toxic
<i>Rheum × cultorum</i>	rhubarb	Eurasia	herb	leafstalks	sun	mesic	leaves and roots toxic
<i>Rhus typhina</i>	staghorn sumac	North America	shrub	shoots	sun	mesic	
<i>Rumex acetosa</i>	French sorrel	Eurasia	herb	greens	sun to part	mesic	
<i>Rumex acetosella</i>	sheep sorrel	Eurasia	herb	greens	sun to part	mesic	
<i>Rumex scutatus</i>	buckler-leaf sorrel	Eurasia	herb	greens	sun to part	mesic	
<i>Sagittaria latifolia</i>	arrowhead	North America**	herb	tubers, shoots	sun	deep emergent aquatic	
<i>Sagittaria sinensis</i>	Chinese arrowhead	Asia**	herb	tubers	sun	deep emergent aquatic	
<i>Sasa kurilensis</i>	running bamboo	Asia*	bamboo	shoots	sun to part	mesic	
<i>Scorzonera hispanica</i>	scorzonera	Eurasia	herb	leaves, roots, broccolis	sun	mesic	
<i>Semiarundinaria fastuosa</i>	running bamboo	Asia*	bamboo	shoots	sun to part	mesic	
<i>Sium sisarum</i>	skirret	Asia	herb	tubers	sun to part	wet to mesic	
<i>Smilacianthus sonchifolia</i>	yacon	Andes	herb	tubers	sun	mesic	
<i>Solanum tuberosum</i>	potato	Andes	herb	tubers	sun	mesic	must be cooked

**COOL MARITIME** continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Stachys sieboldii</i>	Chinese artichoke, crosnes	Asia	herb	tubers	sun	wet to mesic	
<i>Taraxacum officinale</i>	dandelion	Eurasia	herb	greens	sun	mesic	
<i>Tetragonia tetragonioides</i>	New Zealand spinach	Australia	herb	greens	sun	dry to mesic	
<i>Tilia</i> spp.	linden, lime, basswood	Eurasia, North America	tree	greens	sun to shade	mesic	
<i>Tropaeolum tuberosum</i>	“Ken Aslett” mashua	Andes	vine	tubers, greens	sun	mesic	
<i>Typha</i> spp.	cattail	worldwide**	grasslike	shoots, root shoots, root starch, flowerbuds, pollen	sun	shallow emergent aquatic to wet	
<i>Urtica dioica</i>	stinging nettle	Eurasia, North America	herb	greens	sun to part	mesic	stings
<i>Yucca guatemalensis</i>	izote	Mesoamerica	succulent	flowerbuds	sun	dry to mesic	spiny

**HOT AND HUMID:** This warm band extends from east Texas through the coastal Carolinas. This region corresponds with USDA Zones 8–9 and Sunset Zones 26–28 and 31. This is not a tropical climate, though it features hot humid summers, winter temperatures drop below freezing, sometimes typical subtropical chilling, and sometimes quite a bit colder.

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Allium ampeloprasum</i>	perennial leek	Eurasia	herb	whole plants	sun	mesic	
<i>Allium cepa aggregatum</i>	multiplier onion	Eurasia	herb	bulbs	sun	mesic	
<i>Allium cepa proliferum</i>	walking onion	Eurasia	herb	scallions	sun	mesic	
<i>Allium cernuum</i>	nodding wild onion	Eurasia	herb	greens	sun to part	dry to mesic	
<i>Allium fistulosum</i>	Welsh onion	Eurasia	herb	scallions	sun	mesic	
<i>Allium tuberosum</i>	garlic chives	Asia	herb	greens, flowerbuds	sun to part	dry to mesic	
<i>Apios americana</i>	groundnut	North America	vine	tubers, beans	sun to part	wet to mesic	
<i>Arundinaria gigantea</i>	river cane	North America*	bamboo	shoots	sun to part	mesic	
<i>Asclepias syriaca</i> , <i>A. speciosa</i>	showy and common milkweed	North America	herb	shoots, flowerbuds, young leaves, pods	sun	dry to mesic	
<i>Asparagus officinalis</i>	asparagus	Eurasia	herb	shoots	sun	mesic	
<i>Bunias orientalis</i>	Turkish rocket	Eurasia*	herb	greens, broccolis	sun to part	dry to mesic	
<i>Canna edulis</i>	achira, edible canna	Andes	giant herb	tubers, shoots	sun to part	wet to mesic	
<i>Cedrela sinensis</i>	fragrant spring tree	Asia	tree	greens	sun	mesic	
<i>Colocasia esculenta</i>	taro	New Guinea, Asia	herb	tubers, greens	sun to part	wet to mesic	must be cooked
<i>Crambe cordifolia</i>	colewort	Eurasia	herb	greens, broccolis	sun	dry to mesic	
<i>Cynara scolymus</i>	globe artichoke	Eurasia	herb	flowerbuds	sun	dry to mesic	

## HOT AND HUMID continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Dioscorea bulbifera</i>	air potato	Asia, Africa, Australia*	vine	tubers	sun	mesic	must be cooked, some forms toxic
<i>Dioscorea opposita</i>	Chinese yam	Asia*	vine	tubers	sun	mesic	must be cooked
<i>Diplotaxis muralis, D. tenuifolia</i>	sylvestra arugula	Mediterranean*	shrub, herb	greens	sun to part	dry to mesic	
<i>Helianthus tuberosus</i>	sunchoke	eastern North America	giant herb	tubers	sun	mesic	
<i>Hemerocallis</i> spp.	daylily	Asia	herb	flowerbuds, flowers	sun to part	mesic	
<i>Maranta arundinacea</i>	arrowroot	Amazonia	herb	tubers	sun	mesic	
<i>Moringa oleifera</i>	moringa, drumstick tree	Africa	dieback tree	greens, pods, bark, tubers, seeds	sun	dry to mesic	
<i>Moringa stenopetala</i>	African moringa	Africa	dieback tree	greens, pods	sun	dry to mesic	
<i>Morus alba</i>	mulberry	Asia*	tree	greens, fruit	sun to part	dry to mesic	must be cooked
<i>Nasturtium officinale</i>	watercress	Eurasia**	giant herb	leaves	sun	emergent floating aquatic to wet	
<i>Nelumbo lutea</i>	American lotus	North America**	giant herb	tubers, seeds	sun	deep emergent aquatic	
<i>Nelumbo nucifera</i>	Chinese lotus	Eurasia**	giant herb	tubers, seeds	sun	deep emergent aquatic	
<i>Opuntia ficus-indica, O. robusta, O. streptacantha</i>	nopale cactus, tuna	Mesoamerica*	cactus	pads, fruit	sun	dry to mesic	spiny
<i>Phaseolus lunatus</i>	lima bean	Mesoamerica	vine	beans	sun	dry to mesic	
<i>Physalis peruviana</i>	goldenberry	Andes	herb	fruits	sun	mesic	
<i>Phytolacca americana</i>	pokeweed	North America*	giant herb	young shoots, cooked in three water changes	sun to part	mesic	

## HOT AND HUMID continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Piper auritum</i>	root beer leaf, hoja santa	Mesoamerica*	shrub	greens, leafstalks	sun to part	mesic	
<i>Psophocarpus tetragonobolus</i>	“Day Neutral” winged bean	New Guinea, Asia	vine	beans, tubers, flowers, greens, pods	sun	mesic	
<i>Sagittaria latifolia</i>	arrowhead	North America**	herb	tubers, shoots	sun	deep emergent aquatic	
<i>Sagittaria sinensis</i>	Chinese arrowhead	Asia**	herb	tubers	sun	deep emergent aquatic	
<i>Sechium edule</i>	chayote	Mesoamerica*	vine	fruit, greens, tubers	sun	mesic	
<i>Smallanthus sonchifolia</i>	yacon	Andes	herb	tubers	sun	mesic	
<i>Typha</i> spp.	cattail	worldwide**	grasslike	shoots, root shoots, root starch, flowerbuds, pollen	sun	shallow emergent aquatic to wet	
<i>Urtica dioica</i>	stinging nettle	Eurasia, North America	herb	greens	sun to part	mesic	stings

**ARID & HOT:** This region covers the low and mid-elevation deserts and hot drylands of Texas, New Mexico, Arizona, and southwestern California. This region corresponds with USDA Zones 8–10 and Sunset Zones 10, 12, 13, 29, and 30. These are subtropical deserts or somewhat colder. Large areas of Australia and Latin America are in this climate type.

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Acacia holosericea</i> , <i>A. murrayana</i> , <i>A. victoriae</i>	edible seed acacias	Australia*	tree	dry beans	sun	dry	spiny
<i>Agave parreyi</i> , <i>A. chrysantha</i> , <i>A. deserti</i> , <i>A. utahensis</i> , <i>A. palmeri</i>	hardy agaves	western North America	succulent	hearts	sun	dry to mesic	spiny
<i>Agave salmiana</i> , <i>A. tequilana</i>	tropical agaves	Mesoamerica	succulent	hearts	sun	dry to mesic	spiny
<i>Allium tuberosum</i>	garlic chives	Asia	herb	greens, flowerbuds	sun to part	dry to mesic	
<i>Cajanus cajan</i>	pigeon pea	Asia	shrub	beans, pods	sun	dry to mesic	
<i>Cercidium microphyllum</i>	palo verde	western North America	tree	beans	sun	dry	
<i>Cnidoscolus chayamansa</i>	chaya	Mesoamerica	dieback shrub	greens	sun	dry to mesic	cyanide: must cook
<i>Cnidoscolus palmeri</i>	bull nettle	Mesoamerica	herb	tubers	sun	dry to mesic	stings
<i>Cylindropuntia acanthocarpa</i>	cholla	western North America	cactus	flowerbuds	sun	dry to mesic	extremely spiny
<i>Gymopteris</i> spp.	gamote	western North America	herb	tubers	sun	dry to mesic	
<i>Moringa oleifera</i>	moringa, drumstick tree	Africa	dieback tree	greens, pods, bark, tubers, seeds	sun	dry to mesic	
<i>Moringa stenopetala</i>	African moringa	Africa	tree	greens, pods	sun	dry to mesic	
<i>Morus alba</i>	mulberry	Asia*	tree	greens, fruit	sun to part	dry to mesic	must be cooked
<i>Opuntia ficus-indica</i> , <i>O. robusta</i> , <i>O. streptacantha</i>	nopale cactus, tuna	Mesoamerica*	cactus	pads, fruit	sun	dry to mesic	spiny
<i>Phaseolus coccineus</i>	runner bean	Mesoamerica	vine	beans, pods	sun	mesic	
<i>Phaseolus lunatus</i>	lima bean	Mesoamerica	vine	beans	sun	dry to mesic	
<i>Phaseolus polyanthus</i>	cache bean	Mesoamerica	vine	beans	sun	mesic	
<i>Plectranthus esculentus</i>	Livingstone potato	Africa	herb	tubers	sun	dry to mesic	
<i>Tylosema esculentum</i>	marama bean	Africa	vine	beans, tuber	sun	dry	
<i>Yucca guatemalensis</i>	izote	Mesoamerica	succulent	flowerbuds	sun	dry to mesic	spiny



**MEDITERRANEAN:** Southern and central California has a mild climate well suited to perennial vegetables. This region corresponds with USDA Zones 8–10 and Sunset Zones 7–9, 14, 15, 16, and 18–25. Much of Australia, southern South America, southern Africa, and of course the Mediterranean are similar.

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Abelmoschus esculentus</i>	perennial okra	Africa	shrub	pod, seeds	sun	dry to mesic	
<i>Acacia holosericea</i> , <i>A. murrayana</i> , <i>A. victoriae</i>	edible seed acacias	Australia*	tree	dry beans	sun	dry	spiny
<i>Agave parreyi</i> , <i>A. chrysantha</i> , <i>A. deserti</i> , <i>A. utahensis</i> , <i>A. palmeri</i>	hardy agaves	western North America	succulent	hearts	sun	dry to mesic	spiny
<i>Agave salmiana</i> , <i>A. tequilana</i>	tropical agaves	Mesoamerica	succulent	hearts	sun	dry to mesic	spiny
<i>Allium ampeloprasum</i>	perennial leek	Eurasia	herb	whole plants	sun	mesic	
<i>Allium cepa aggregatum</i>	multiplier onion	Eurasia	herb	bulbs	sun	mesic	
<i>Allium cepa proliferum</i>	walking onion	Eurasia	herb	scallions	sun	mesic	
<i>Allium fistulosum</i>	Welsh onion	Eurasia	herb	scallions	sun	mesic	
<i>Allium tuberosum</i>	garlic chives	Asia	herb	greens, flowerbuds	sun to part	dry to mesic	
<i>Apium prostratum filiforme</i>	wild celery	Australia	herb	stalks	sun	wet to mesic	
<i>Aponogeton distachios</i>	water hawthorn	Africa**	herb	flowerbuds, greens	sun	emergent floating aquatic	
<i>Aralia cordata</i>	udo	Asia	giant herb	shoots	part shade	mesic	
<i>Asparagus officinalis</i>	asparagus	Eurasia	herb	shoots	sun	mesic	
<i>Asphodeline lutea</i>	yellow asphodel	Eurasia	herb	tubers	sun	mesic	
<i>Atriplex halimus</i>	saltbush	Mediterranean, North Africa	shrub	greens	sun	dry to mesic	
<i>Berula erecta</i>	water parsnip	North America, Eurasia**	herb	greens	sun	wet	
<i>Beta vulgaris maritima</i>	sea beet	Eurasia*	herb	greens	sun	mesic	
<i>Brassica napus</i>	“Western Front” kale	Eurasia	herb	greens	sun	mesic	
<i>Brassica oleracea</i>	wild cabbage	Eurasia	herb	greens	sun	mesic	
<i>Brassica oleracea</i>	“Colocha”	Eurasia	herb	greens	sun	mesic	
<i>Brassica oleracea alboglabra</i>	Gai Lon	Eurasia	herb	greens, broccolis	sun	mesic	

**MEDITERRANEAN**

continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Brassica oleracea botrytis</i>	“9 Star” perennial broccoli	Eurasia	herb	greens, broccolis	sun	mesic	
<i>Brassica oleracea ramosa</i>	branching bush kales, “Dorbertons” kale	Eurasia	shrub	greens	sun	mesic	
<i>Bunias orientalis</i>	Turkish rocket	Eurasia*	herb	greens, broccolis	sun to part	dry to mesic	
<i>Camassia cusickii</i>	camass	western North America	herb	bulbs	sun	wet to mesic	must be cooked
<i>Camassia leichtlinii</i>	camass	western North America	herb	bulbs	sun	wet to mesic	must be cooked
<i>Camassia quamash</i>	camass	western North America	herb	bulbs	sun	wet to mesic	must be cooked
<i>Canna edulis</i>	achiara, edible canna	Andes	giant herb	tubers, shoots	sun to part	wet to mesic	
<i>Carica pentagona</i>	babaco	Andes	tree	fruit	sun	mesic	
<i>Cedrela sinensis</i>	fragrant spring tree	Asia	tree	greens	sun	mesic	
<i>Centranthus ruber</i>	red valerian	Eurasia	herb	greens	sun to part	dry to mesic	
<i>Chenopodium bonus-henricus</i>	good King Henry	Eurasia	herb	greens, shoots, broccolis	sun to part	mesic	
<i>Cicorium intybus</i>	chicory	Eurasia*	herb	greens	sun to part	mesic	
<i>Cnidioscolus chayamansa</i>	chaya	Mesoamerica	shrub	greens	sun	dry to mesic	cyanide: must cook
<i>Colocasia esculenta</i>	taro	New Guinea, Asia	herb	tubers, greens	sun to part	wet to mesic	must be cooked
<i>Crambe cordifolia</i>	colewort	Eurasia	herb	greens, broccolis	sun	dry to mesic	
<i>Crambe maritima</i>	sea kale	Eurasia	herb	greens, roots, broccolis	sun	dry to mesic	
<i>Crotolaria longirostrata</i>	chipilin	Mesoamerica*	shrub	greens	sun	mesic	must be cooked

**MEDITERRANEAN**

continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Cucurbita ficifolia</i>	figleaf gourd, chilacayote	Mesoamerica	vine	fruit, seeds	sun	mesic	
<i>Cylindropuntia acanthocarpa</i>	cholla	western North America	cactus	flowerbuds	sun	dry to mesic	extremely spiny
<i>Cynara cardunculus</i>	cardo	Eurasia*	herb	leafstalks	sun	dry to mesic	
<i>Cynara scolymus</i>	globe artichoke	Eurasia	herb	flowerbuds	sun	dry to mesic	
<i>Cyperus esculentus</i> var. <i>sativus</i>	chufa	Africa, worldwide	grasslike	tubers	sun	wet to mesic	sterile strain of global weed
<i>Dioscorea japonica</i>	jinenjo	Asia	vine	tubers	sun	mesic	must be cooked
<i>Dioscorea opposita</i>	Chinese yam	Asia*	vine	tubers	sun	mesic	must be cooked
<i>Dioscorea trifida</i>	cush cush yam	Amazonia	vine	tubers	sun	mesic	must be cooked
<i>Diplotaxis muralis</i> , <i>D. tenuifolia</i>	sylvestra arugula	Mediterranean*	shrub, herb	greens	sun to part	dry to mesic	
<i>Dolichos lablab</i>	lablab bean	Africa	vine	beans, pods, flowers, greens, tubers	sun	dry to mesic	
<i>Eleocharis dulcis</i>	water chestnut	Asia**	grasslike	corns	sun	shallow emergent aquatic to wet	
<i>Ensete ventricosum</i>	enset	Africa	giant herb	starchy trunk, tuber	sun	mesic	
<i>Habitia tamnoides</i>	Caucasian spinach	Eurasia	vine	greens, shoots	part shade	dry to mesic	
<i>Helianthus maximiliani</i>	Maximilian sunflower	North America	giant herb	shoots, seeds	sun	dry to mesic	
<i>Helianthus tuberosus</i>	sunchoke	eastern North America	giant herb	tubers	sun	mesic	
<i>Hemerocallis</i> spp.	daylily	Asia	herb	flowerbuds, flowers	sun to part	mesic	
<i>Hibiscus acetosella</i>	cranberry hibiscus	Africa	shrub	greens	sun	mesic	
<i>Ipomoea batatas</i>	sweet potato, boniato	Amazonia	herb	tubers, greens	sun to part	mesic	
<i>Levisticum officinale</i>	lovage	Eurasia	herb	greens, shoots, leafstalks	sun to part	mesic	

**MEDITERRANEAN**

continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Lycium chinense</i>	leaf goji, wolfberry	Asia	shrub	greens, fruits	sun to part	mesic	spiny
<i>Malva moschata</i>	gumbo leaf mallow, musk mallow	Eurasia	herb	greens	sun to part	mesic	
<i>Marsdenia australis</i>	bush banana, Austral doubah	Australia*	vine	Pods, tubers, greens	sun	dry to mesic	
<i>Moringa oleifera</i>	moringa, drumstick tree	Africa	dieback tree	greens, pods, bark, tubers, seeds	sun	dry to mesic	
<i>Moringa stenopetala</i>	African moringa	Africa	dieback tree	greens, pods	sun	dry to mesic	
<i>Morus alba</i>	mulberry	Asia*	tree	greens, fruit	sun to part	dry to mesic	must be cooked
<i>Nasturtium officinale</i>	watercress	Eurasia**	giant herb	leaves	sun	emergent floating aquatic to wet	
<i>Nelumbo lutea</i>	American lotus	North America**	giant herb	tubers, seeds	sun	deep emergent aquatic	
<i>Nelumbo nucifera</i>	Chinese lotus	Eurasia**	giant herb	tubers, seeds	sun	deep emergent aquatic	
<i>Oenanthe javanica</i>	water celery	New Guinea, Asia**	herb	greens	sun to part	emergent floating aquatic to wet	
<i>Opuntia ficus-indica</i> , <i>O. robusta</i> , <i>O. streptacantha</i>	nopale cactus, tuna	Mesoamerica*	cactus	pads, fruit	sun	dry to mesic	spiny
<i>Oxalis tuberosa</i>	oca	Andes	herb	tubers	sun	mesic	
<i>Oxyria digyna</i>	mountain sorrel	Eurasia, North America	herb	greens	sun to part	mesic	
<i>Perideridia gairdneri</i>	yampah	North America	herb	tubers	sun	wet to mesic	
<i>Petasites japonicus</i>	fuki	Asia*	giant herb	leafstalks	part to shade	wet to mesic	
<i>Phaseolus coccineus</i>	runner bean	Mesoamerica	vine	beans, pods	sun	mesic	
<i>Phaseolus lunatus</i>	lima bean	Mesoamerica	vine	beans	sun	dry to mesic	
<i>Phaseolus polyanthus</i>	cache bean	Mesoamerica	vine	beans	sun	mesic	
<i>Phyllostachys</i> spp.	running bamboo	Asia*	bamboo	shoots	sun to part	mesic	

**MEDITERRANEAN**

continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Physalis peruviana</i>	goldenberry	Andes	herb	fruits	sun	mesic	
<i>Physalis pruinosa</i>	ground cherry	North America	herb	fruits	sun	mesic	
<i>Piper auritum</i>	root beer leaf,	Mesoamerica*	shrub	greens,	sun to part	mesic	
	hoja santa			leafstalks			
<i>Plectranthus esculentus</i>	Livingstone	Africa	herb	tubers	sun	dry to mesic	
	potato			beans, tubers, flowers, greens, pods			
<i>Psophocarpus tetragonobolus</i>	“Day Neutral” winged bean	New Guinea, Asia	vine	greens, pods	sun	mesic	
<i>Rheum australe</i>	Himalayan rhubarb	Eurasia	herb	leafstalks	sun	mesic	leaves and roots toxic
<i>Rheum palmatum</i>	turkey rhubarb	Eurasia	herb	leafstalks	sun	mesic	leaves and roots toxic
<i>Rheum x cultorum</i>	rhubarb	Eurasia	herb	leafstalks	sun	mesic	leaves and roots toxic
<i>Rumex acetosa</i>	French sorrel	Eurasia	herb	greens	sun to part	mesic	
<i>Rumex acetosella</i>	sheep sorrel	Eurasia	herb	greens	sun to part	mesic	
<i>Rumex scutatus</i>	buckler-leaf	Eurasia	herb	greens	sun to part	mesic	
	sorrel			leaves, roots,			
<i>Scorzonera hispanica</i>	scorzonera	Eurasia	herb	broccolis	sun	mesic	
<i>Sium sisarum</i>	skirret	Asia	herb	tubers	sun to part	wet to mesic	
<i>Smilanthus sonchifolia</i>	yacon	Andes	herb	tubers	sun	mesic	
<i>Solanum muricatum</i>	pepino melon	Andes	herb	fruits	sun	mesic	
<i>Solanum tuberosum</i>	potato	Andes	herb	tubers	sun	mesic	must be cooked
<i>Solonostemon rotundifolius</i>	hausa potato	Africa	herb	tubers	sun	mesic	
<i>Stachys sieboldii</i>	Chinese arti-	Asia	herb	tubers	sun	wet to mesic	
	choke, crosnes			greens			
<i>Taraxacum officinale</i>	dandelion	Eurasia	herb	greens	sun	mesic	
<i>Tetragonia tetragonioides</i>	New Zealand	Australia	herb	greens	sun	dry to mesic	
	spinach			greens			
<i>Tilia</i> spp.	linden, lime,	Eurasia, North America	tree	greens	sun to shade	mesic	
	basswood			greens			

**MEDITERRANEAN** continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Tropaeolum tuberosum</i>	mashua	Andes	vine	tubers, greens	sun	mesic	
<i>Typha</i> spp.	cattail	worldwide**	grasslike	shoots, root shoots, root starch, flower- buds, pollen	sun	shallow emergent aquatic to wet	
<i>Ullucus tuberosus</i>	ulluco	Andes	vine	tuber, greens	sun	mesic	
<i>Urtica dioica</i>	stinging nettle	Eurasia, North America	herb	greens	sun to part	mesic	stings
<i>Yucca guatemalensis</i>	izote	Mesoamerica	succulent	flowerbuds	sun	dry to mesic	spiny

**LOWLAND HUMID/MONSOON TROPICS:** Lowland Hawaii and south Florida are proper tropical climates, completely free of frost all year. This region corresponds with USDA Zones 10–12 and Sunset Zone 25. This climate type could cover monsoon and humid tropical lowlands throughout the world.

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Abelmoschus esculentus</i>	perennial okra	Africa	shrub	pod, seeds	sun	dry to mesic	
<i>Abelmoschus manihot</i>	edible hibiscus	New Guinea	shrub	leaves	sun	mesic	
<i>Adansonia digitata</i>	baobab	Africa	tree	leaves, fruit, seeds	sun	dry to mesic	
<i>Agave salmiana, A. tequilana</i>	tropical agaves	Mesoamerica	succulent	hearts	sun	dry to mesic	spiny
<i>Allium fistulosum</i>	Welsh onion	Eurasia	herb	scallions	sun	mesic	
<i>Allium tuberosum</i>	garlic chives	Asia	herb	greens, flowerbuds	sun to part	dry to mesic	
<i>Alocasia macrorrhizos</i>	giant taro	New Guinea, Australia, Asia, Pacific	giant herb	starchy trunk, leaves	sun	wet to mesic	must be cooked
<i>Alternanthera sissoo</i>	sissoo spinach	Amazonia	herb	greens	part shade	mesic	
<i>Aponogeton distachyos</i>	water haw-thorn	Africa**	herb	flowerbuds, greens	sun	emergent floating aquatic	
<i>Aponogeton madagascarensis</i>	water yam	Africa**	herb	tubers	sun	submerged aquatic	
<i>Artocarpus altilis</i>	breadfruit	New Guinea, Asia	tree	fruit, nuts	sun	mesic	
<i>Artocarpus heterophyllus</i>	jakfruit	Asia	tree	young fruit as veg, fruit, nuts, greens	sun	mesic	
<i>Bambusa</i> spp.	clumping bamboo	Asia	bamboo	shoots	sun to part	mesic	
<i>Basella alba</i>	Malabar spinach	Asia	vine	greens	sun	mesic	
<i>Cajanus cajan</i>	pigeon pea	Asia	shrub	beans, pods	sun	dry to mesic	
<i>Canna edulis</i>	achiara, edible canna	Andes	giant herb	tubers, shoots	sun to part	wet to mesic	
<i>Carica papaya</i>	papaya	Mesoamerica	tree	fruit	sun	mesic	
<i>Ceratopteris thalictroides</i>	water hornfern	Asia**	fern	greens	sun to shade	submerged aquatic to wet	
<i>Chamaedora tepejilote</i>	tepejilote	Mesoamerica	palm	flowerbuds	part to shade	mesic	
<i>Cnidioscolus chayamansa</i>	chaya	Mesoamerica	shrub	greens	sun	dry to mesic	cyanide: must cook
<i>Cnidioscolus palmeri</i>	bull nettle	Mesoamerica	herb	tubers	sun	dry to mesic	stings

## LOWLAND HUMID/MONSOON TROPICS continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Cnidioscolus stimulosus</i>	spurge nettle	eastern North America	herb	tubers	sun	dry to mesic	stings
<i>Coccinia grandis</i>	ivy gourd, perennial cucumber	Africa, Asia*	vine	greens, fruit	sun	mesic	
<i>Colocasia esculenta</i>	taro	New Guinea, Asia	herb	tubers, greens	sun to part	wet to mesic	must be cooked
<i>Cylindropuntia acanthocarpa</i>	cholla	western North America	cactus	flowerbuds	sun	dry to mesic	extremely spiny
<i>Dendrocalamus</i> spp.	clumping bamboo	Asia	bamboo	shoots	sun to part	mesic	
<i>Dioscorea alata</i>	white yam	Asia	vine	tubers	sun	mesic	must be cooked
<i>Dioscorea bulbifera</i>	air potato	Asia, Africa, Australia*	vine	tubers	sun	mesic	must be cooked, some forms toxic
<i>Dioscorea esculenta</i>	Asiatic lesser yam	Asia	vine	tubers	sun	mesic	must be cooked
<i>Dioscorea trifida</i>	cush cush yam	Amazonia	vine	tubers	sun	mesic	must be cooked
<i>Dolichos lablab</i>	lablab bean	Africa	vine	beans, pods, flowers, greens, tubers	sun	dry to mesic	
<i>Eleocharis dulcis</i>	water chestnut	Asia**	grasslike	corms	sun	shallow emergent aquatic to wet	
<i>Euryale ferox</i>	gorgon plant	Asia**	giant herb		sun	deep emergent floating aquatic	
<i>Gigantochloa</i> spp.	clumping bamboo	Asia	bamboo	shoots	sun to part	mesic	
<i>Gnetum africanum</i>	Eru, African jointfir	Africa	vine	greens	part to shade	mesic	
<i>Gnetum gnemon</i>	jointfir	Asia	tree	greens, nuts	part to shade	mesic	
<i>Gynura crepidoides</i>	Okinawa spinach	Asia	herb	greens	sun to part	mesic	
<i>Hibiscus acetosella</i>	cranberry hibiscus	Africa	shrub	greens	sun	mesic	
<i>Ipomoea aquatica</i>	water spinach	Asia**	herb	greens	sun	emergent floating aquatic to wet	



## LOWLAND HUMID/MONSOON TROPICS continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Ipomoea batatas</i>	sweet potato, boniato	Amazonia	herb	tubers, greens	sun to part	mesic	
<i>Lemna</i> spp.	duckweed	worldwide**	microherb	greens	sun	floating aquatic	
<i>Leucaena esculenta</i>	guaje	Mesoamerica	tree	fresh beans	sun	dry to mesic	
<i>Manihot esculenta</i>	cassava, yuca, manioc	Amazonia	shrub		sun	dry to mesic	some forms require processing to remove cyanide
<i>Maranta arundinacea</i>	arrowroot	Amazonia	herb	tubers	sun	mesic	
<i>Momordica charantia</i>	bitter gourd	Asia	vine	fruit	sun	mesic	
<i>Moringa oleifera</i>	moringa, drumstick tree	Africa	tree	greens, pods, bark, tubers, seeds	sun	dry to mesic	
<i>Moringa stenopetala</i>	African moringa	Africa	tree	greens, pods	sun	dry to mesic	
<i>Morus alba</i>	mulberry	Asia*	tree	greens, fruit	sun to part	dry to mesic	must be cooked
<i>Musa x paradisiaca</i>	banana, plantain	New Guinea, Asia	giant herb	fruits, flowerbud	sun	wet to mesic	
<i>Nasturtium officinale</i>	watercress	Eurasia**	giant herb	leaves	sun	emergent floating aquatic to wet	
<i>Nastus elatus</i>	clumping bamboo	Asia	bamboo	shoots	sun to part	mesic	
<i>Nelumbo nucifera</i>	Chinese lotus	Eurasia**	giant herb	tubers, seeds	sun	deep emergent aquatic	
<i>Opuntia ficus-indica</i> , <i>O. robusta</i> , <i>O. streptacantha</i>	nopale cactus, tuna	Mesoamerica*	cactus	pads, fruit	sun	dry to mesic	spiny
<i>Phaseolus lunatus</i>	lima bean	Mesoamerica	vine	beans	sun	dry to mesic	
<i>Piper auritum</i>	root beer leaf, hoja santa	Mesoamerica*	shrub	greens, leafstalks	sun to part	mesic	
<i>Plectranthus esculentus</i>	Livingstone potato	Africa	herb	tubers	sun	dry to mesic	
<i>Psophocarpus tetragonobolus</i>	"Day Neutral" winged bean	New Guinea, Asia	vine	beans, tubers, flowers, greens, pods	sun	mesic	

## LOWLAND HUMID/MONSOON TROPICS continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Sagittaria sinensis</i>	Chinese arrowhead	Asia**	herb	tubers	sun	deep emergent aquatic	
<i>Sauropus androgynous</i>	katuk	Asia	shrub	greens	part to shade	mesic	
<i>Secchiu edule</i>	chayote	Mesoamerica*	vine	fruit, greens, tubers	sun	mesic	
<i>Sesbania grandiflora</i>	hummingbird tree	Asia *	tree	flowers	sun	dry to mesic	
<i>Setaria palmifolia</i>	highlands pitpit	New Guinea	grass	shoots	sun	mesic	
<i>Solanum melongena</i>	eggplant	Asia, Africa	shrub	fruits	sun	mesic	
<i>Solonostemon rotundifolius</i>	hausa potato	Africa	herb	tubers	sun	mesic	must be cooked
<i>Sphenostylis stenocarpa</i>	African yambean	Africa	vine	tubers, beans, pods	sun	dry to mesic	
<i>Telfairia occidentalis</i>	fluted gourd	Africa*	vine	greens, nuts	sun	mesic	
<i>Trichostigma octandrum</i>	Haitian basket vine	Mesoamerica, Amazonia, Florida, Caribbean	shrub, vine	greens	sun to shade	mesic	
<i>Triglochin</i> spp.	Australian arrowgrass	Australia**	grasslike	tubers	sun	shallow emergent aquatic	
<i>Wolffia</i> spp.	water meal	worldwide**	microherb	greens	sun	floating aquatic	
<i>Xanthosoma brasiliense</i>	beleme, taioba	Amazonia	herb	greens	sun to part	wet to mesic	
<i>Xanthosoma saggitifolium</i>	cocoyam	Amazonia	herb	tubers	sun	wet to mesic	must be cooked
<i>Xanthosoma violaceum</i>	violet-stem taro	Amazonia	herb	greens	sun	wet to mesic	must be cooked
<i>Yucca guatemalensis</i>	izote	Mesoamerica	succulent	flowerbuds	sun	dry to mesic	must be cooked

**LOWLAND ARID TROPICS:** Proper lowland arid tropics are absent from the United States and Canada but an important climate type worldwide in Asia, Africa, Latin America, and parts of Australia.

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Abelmoschus esculentus</i>	perennial okra	Africa	shrub	Pods, seeds	sun	dry to mesic	
<i>Acacia holosericea</i> , <i>A. murrayana</i> , <i>A. victoriae</i>	edible seed acacias	Australia*	tree	dry beans	sun	dry	spiny
<i>Adansonia digitata</i>	baobab	Africa	tree	leaves, fruit, seeds	sun	dry to mesic	
<i>Agave salmiana</i> , <i>A. tequilana</i>	tropical agaves	Mesoamerica	succulent	hearts	sun	dry to mesic	spiny
<i>Allium tuberosum</i>	garlic chives	Asia	herb	greens, flowerbuds	sun to part	dry to mesic	
<i>Cajanus cajan</i>	pigeon pea	Asia	shrub	beans, pods	sun	dry to mesic	
<i>Cercidium microphyllum</i>	palo verde	western North America	tree	beans	sun	dry	
<i>Cnidoscolus chayamansa</i>	chaya	Mesoamerica	shrub	greens	sun	dry to mesic	cyanide: must cook
<i>Cnidoscolus palmeri</i>	bull nettle	Mesoamerica	herb	tubers	sun	dry to mesic	stings
<i>Cnidoscolus stimulosus</i>	spurge nettle	eastern North America	herb	tubers	sun	dry to mesic	stings
<i>Cylindropuntia acanthocarpa</i>	cholla	western North America	cactus	flowerbuds	sun	dry to mesic	extremely spiny
<i>Dolichos lablab</i>	lablab bean	Africa	vine	beans, pods, flowers, greens, tubers	sun	dry to mesic	
<i>Leucaena esculenta</i>	guaje	Mesoamerica	tree	fresh beans	sun	dry to mesic	
<i>Manihot esculenta</i>	cassava, yuca, manioc	Amazonia	shrub	greens, pods, bark, tubers, seeds	sun	dry to mesic	some forms require processing to remove cyanide
<i>Moringa oleifera</i>	moringa, drumstick tree	Africa	tree	greens, pods	sun	dry to mesic	
<i>Moringa stenopetala</i>	African moringa	Africa	tree	greens, pods	sun	dry to mesic	
<i>Morus alba</i>	mulberry	Asia*	tree	greens, fruit	sun to part	dry to mesic	must be cooked
<i>Opuntia ficus-indica</i> , <i>O. robusta</i> , <i>O. streptacantha</i>	nopale cactus, tuna	Mesoamerica*	cactus	pads, fruit	sun	dry to mesic	spiny

**LOWLAND ARID TROPICS**

continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Phaseolus lunatus</i>	lima bean	Mesoamerica	vine	beans	sun	dry to mesic	
<i>Plectranthus esculentus</i>	Livingstone potato	Africa	herb	tubers	sun	dry to mesic	
<i>Sesbania grandiflora</i>	hummingbird tree	Asia *	tree	flowers	sun	dry to mesic	
<i>Sphenostylis stenocarpa</i>	African yambean	Africa	vine	tubers, beans, pods	sun	dry to mesic	
<i>Tylosema esculentum</i>	marama bean	Africa	vine	beans, tuber	sun	dry	
<i>Yucca guatemalensis</i>	izote	Mesoamerica	succulent	flowerbuds	sun	dry to mesic	spiny

**HIGHLAND HUMID/MONSOON TROPICS:** Within the United States and Canada, this region occurs only in Hawaii although worldwide it is an important climate type. My definition is anything over 1,500 meters elevation, including African, Latin American, New Guinean, and Asian highlands with sufficient moisture.

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Allium fistulosum</i>	Welsh onion	Eurasia	herb	scallions	sun	mesic	
<i>Allium tuberosum</i>	garlic chives	Asia	herb	greens, flowerbuds	sun to part	dry to mesic	
<i>Alocasia macrorrhizos</i>	giant taro	New Guinea, Australia, Asia, Pacific	giant herb	starchy trunk, leaves	sun	wet to mesic	must be cooked
<i>Arracacia xanthorrhiza</i>	arracacha	Andes	herb	tubers	sun	mesic	
<i>Bambusa</i> spp.	clumping bamboo	Asia	bamboo	shoots	sun to part	mesic	
<i>Brassica oleracea</i>	"Colocha"	Eurasia	herb	greens	sun	mesic	
<i>Brassica oleracea acephala</i>	"Tree Collards"	Eurasia	shrub	greens	sun	mesic	
<i>Cajanus cajan</i>	pigeon pea	Asia	shrub	beans, pods	sun	dry to mesic	
<i>Canna edulis</i>	achira, edible canna	Andes	giant herb	tubers, shoots	sun to part	wet to mesic	
<i>Carica pentaloba</i>	babaco	Andes	tree	fruit	sun	mesic	
<i>Chamaedora tepijelote</i>	tepijelote	Mesoamerica	palm	flowerbuds	part to shade	mesic	
<i>Cnidioscolus chayamansa</i>	chaya	Mesoamerica	shrub	greens	sun	dry to mesic	cyanide: must cook
<i>Coccinia grandis</i>	ivy gourd, perennial cucumber	Africa, Asia*	vine	greens, fruit	sun	mesic	
<i>Colocasia esculenta</i>	taro	New Guinea, Asia	herb	tubers, greens	sun to part	wet to mesic	must be cooked
<i>Crotalaria longirostrata</i>	chipilin	Mesoamerica*	shrub	greens	sun	mesic	must be cooked
<i>Cucurbita ficifolia</i>	figleaf gourd, chilacayote	Mesoamerica	vine	fruit, seeds	sun	mesic	
<i>Cylindropuntia acanthocarpa</i>	cholla	western North America	cactus	flowerbuds	sun	dry to mesic	extremely spiny
<i>Dioscorea alata</i>	white yam	Asia	vine	tubers	sun	mesic	must be cooked
<i>Dioscorea bulbifera</i>	air potato	Asia, Africa, Australia*	vine	tubers	sun	mesic	must be cooked, some forms toxic
<i>Dolichos lablab</i>	lablab bean	Africa	vine	beans, pods, flowers, greens, tubers	sun	dry to mesic	

# HIGHLAND HUMID/MONSOON TROPICS continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Eleocharis dulcis</i>	water chestnut	Asia**	grasslike	corms	sun	shallow emergent aquatic to wet	
<i>Ensete ventricosum</i>	enset	Africa	giant herb	starchy trunk, tuber	sun	mesic	
<i>Erythrina edulis</i>	chachafruto	Andes	tree	beans	sun	mesic	must be cooked
<i>Helianthus tuberosus</i>	sunchoke	Eastern North America	giant herb	tubers	sun	mesic	
<i>Hibiscus acetosella</i>	cranberry hibiscus	Africa	shrub	greens	sun	mesic	
<i>Ipomoea batatas</i>	sweet potato, boniato	Amazonia	herb	tubers, greens	sun to part	mesic	
<i>Lycium chinense</i>	leaf goji wolfberry	Asia	shrub	greens, fruits	sun to part	mesic	spiny
<i>Manihot esculenta</i>	cassava, yuca, manioc	Amazonia	shrub		sun	dry to mesic	some forms require processing to remove cyanide
<i>Maranta arundinacea</i>	arrowroot	Amazonia	herb	tubers	sun	mesic	
<i>Moringa stenopetala</i>	African moringa	Africa	tree	greens, pods	sun	dry to mesic	
<i>Morus alba</i>	mulberry	Asia*	tree	greens, fruit	sun to part	dry to mesic	must be cooked
<i>Musa x paradisiaca</i>	banana, plantain	New Guinea, Asia	giant herb	fruits, flowerbud	sun	wet to mesic	
<i>Nasturtium officinale</i>	watercress	Eurasia**	giant herb	leaves	sun	emergent floating aquatic to wet	
<i>Nelumbo nucifera</i>	Chinese lotus	Eurasia**	giant herb	tubers, seeds	sun	deep emergent aquatic	
<i>Oenanthe javanica</i>	water celery	New Guinea, Asia**	herb	greens	sun to part	emergent floating aquatic to wet	
<i>Opuntia ficus-indica</i> , <i>O. robusta</i> , <i>O. streptacantha</i>	nopale cactus, tuna	Mesoamerica*	cactus	pads, fruit	sun	dry to mesic	spiny
<i>Oxalis tuberosa</i>	oca	Andes	herb	tubers	sun	mesic	
<i>Phaseolus coccineus</i>	runner bean	Mesoamerica	vine	beans, pods	sun	mesic	

# HIGHLAND HUMID/MONSOON TROPICS continued

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Phaseolus lunatus</i>	lima bean	Mesoamerica	vine	beans	sun	dry to mesic	
<i>Physalis peruviana</i>	goldenberry root beer leaf, hoja santa	Andes Mesoamerica*	herb shrub	fruits greens, leafstalks	sun sun to part	mesic mesic	
<i>Psophocarpus tetragonobolus</i>	“Day Neutral” winged bean	New Guinea, Asia	vine	beans, tubers, flowers, greens, pods	sun	mesic	
<i>Rungia klossii</i>	rungia	New Guinea	herb	greens	sun	mesic	
<i>Sechium edule</i>	chayote	Mesoamerica*	vine	fruit, greens, tubers	sun	mesic	
<i>Smilanthus sonchifolia</i>	yacon	Andes	herb	tubers	sun	mesic	
<i>Solanum melongena</i>	eggplant	Asia, Africa	shrub	fruits	sun	mesic	must be cooked
<i>Solanum tuberosum</i>	potato	Andes	herb	tubers	sun	mesic	must be cooked
<i>Sphenostylis stenocarpa</i>	African yambean	Africa	vine	tubers, beans, pods	sun	dry to mesic	
<i>Telfairia occidentalis</i>	fluted gourd	Africa*	vine	greens, nuts	sun	mesic	
<i>Tropaeolum tuberosum</i>	“Ken Aslett” mashua	Andes	vine	tubers, greens	sun	mesic	
<i>Ullucus tuberosus</i>	ulluco	Andes	vine	tuber, greens	sun	mesic	
<i>Xanthosoma saggitifolium</i>	cocoyam	Amazonia	herb	tubers	sun	wet to mesic	must be cooked
<i>Yucca guatemalensis</i>	izote	Mesoamerica	succulent	flowerbuds	sun	dry to mesic	spiny

## HIGHLAND ARID TROPICS: Arid highland over 1,500 meters elevation, from Ethiopia to the Mexican altiplano and beyond.

Latin Name	Common Name	Origin	Form	Edible Parts	Sun & Shade	Moisture	Notes
<i>Allium tuberosum</i>	garlic chives	Asia	herb	greens, flowerbuds	sun to part	dry to mesic	
<i>Cajanus cajan</i>	pigeon pea	Asia	shrub	beans, pods	sun	dry to mesic	
<i>Cnidioscolus chayamansa</i>	chaya	Mesoamerica	shrub	greens	sun	dry to mesic	cyanide: must cook
<i>Cylindropuntia acanthocarpa</i>	cholla	western North America	cactus	flowerbuds	sun	dry to mesic	extremely spiny
<i>Dolichos lablab</i>	lablab bean	Africa	vine	beans, pods, flowers, greens, tubers	sun	dry to mesic	
<i>Manihot esculenta</i>	cassava, yuca, manioc	Amazonia	shrub		sun	dry to mesic	some forms require processing to remove cyanide
<i>Moringa stenopetala</i>	African moringa	Africa	tree	greens, pods	sun	dry to mesic	
<i>Morus alba</i>	mulberry	Asia*	tree	greens, fruit	sun to part	dry to mesic	must be cooked
<i>Opuntia ficus-indica</i> , <i>O. robusta</i> , <i>O. streptacantha</i>	nopale cactus, tuna	Mesoamerica*	cactus	pads, fruit	sun	dry to mesic	spiny
<i>Phaseolus lunatus</i>	lima bean	Mesoamerica	vine	beans	sun	dry to mesic	
<i>Sphenostylis stenocarpa</i>	African yambean	Africa	vine	tubers, beans, pods	sun	dry to mesic	
<i>Yucca guatemalensis</i>	izote	Mesoamerica	succulent	flowerbuds	sun	dry to mesic	spiny