

## List of all Vegetables/cereals and fruits

### Leafy and salad vegetables

Amaranth	Soko
Arugula (	Sorrel
Beet greens	Spinach
Bitterleaf	Summer purslane
Bok choy	Swiss chard
Broccoli Rabe	Tatsoi
Brussels sprout	Turnip greens
Cabbage	Watercress
Catsear	Water spinach
Celery	Winter purslane
Celtuce	Yarrow
Ceylon spinach	Bok choy
Chard	Choi sum,
Chaya	Garlic chives
Chickweed	Gai lan
Chicory	
Chinese cabbage	Napa cabbage
Chinese Mallow	New Zealand Spinach )
Chrysanthemum leaves	Orache
Collard greens	Pak choy
Corn salad	Paracress
Cress	Pea sprouts/leaves
Dandelion	<u>Poke</u>
Endive	<u>Radicchio</u>
Epazote	<u>Samphire</u>
Fat hen	<u>Sea beet</u>
Fiddlehead )	<u>Sea kale</u>
Fluted pumpkin	<u>Sierra Leone bologi</u>
Garden Rocket	<u>Soko</u>
Golden samphire	
Good King Henry	<b><u>Vegetables – Fruit type</u></b>
Greater Plantain	
Kai-lan	Avocado
Kale	Bell pepper
Komatsuna	Bitter melon/Bitter gourd
Kuka	Courgette
Lagos bologi	Cucumber
Lamb's lettuce	Ivy Gourd
Land cress	Eggplant/Aubergine/Brinjal
Lettuce	Pumpkin
Lizard's tail	Squash
Melokhia )	Sweet corn aka corn;
Miner's Lettuce	Sweet pepper
Mizuna greens	
Mustard	

Tinda	Runner bean
Tomatillo	Snap pea
Tomato	Snow pea
Winter melon	Soybean
West Indian gherkin	Tarwi
Zucchini	Tepary bean
Peppers,	Urad bean
Christophene	Velvet bean
Okra, breadfruit	Winged bean
	Yardlong bean

### **Vegetable - Flowers/buds**

Alfalfa.  
Sweet corn (maize)

Artichoke	
Broccoli	<b><u>Bulb and stem vegetables</u></b>
Cauliflower	
Courgette flowers	Asparagus
Squash blossoms	Cardoon
Capers	Celeriac
	Celery

### **Podded vegetables (Legumes)**

	Elephant Garlic
	Florence fennel
	Garlic
American groundnut	Kohlrabi
Azuki bean	Kurrat
Black-eyed pea	Leek
Chickpea	Lotus root
Common bean	Nopal
Drumstick	Onion
Dolichos bean	Spring Onion/Scallion
Fava bean	Prussian asparagus
Garbanzo	Shallot
Green bean	Welsh onion
Guar	Wild leek
Gumbo	Galangal
Horse gram	Ginger
Indian pea	Rhubarb
Lentil	Cardoon,
Lima Bean	Chinese celery
Moth bean	Bamboo shoots
Mung bean	
Okra	
Pea	
Peanut	
Pigeon pea	
Ricebean	
Ricebean	

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### Root/tuberous vegetables

Ahipa  
 Arracacha  
 Bamboo shoot  
 Beetroot  
 Burdock  
 Broadleaf arrowhead  
 Camas  
 Canna  
 Carrot  
 Cassava  
 Chinese artichoke  
 Daikon  
 Earthnut pea  
 Elephant Foot yam  
 Ensete ( )  
 Ginger  
 Gobo  
 Hamburg parsley  
 Jerusalem artichoke  
 Jícama  
 Manioc  
 Mooli  
 Parsnip  
 Pignut  
 Plectranthus  
 Potato  
 Prairie turnip  
 Radish  
 Horseradish  
 Rutabaga  
 Salsify  
 Scorzonera )  
 Skirret  
 Swede  
 Sweet Potato or Kumara  
 Taro  
 Ti  
 Tigernut  
 Turnip  
 Ulluco  
 Water chestnut  
 Yacón )  
 Yam  
 Cardón  
 Carob

### **Vegetables: Sea vegetables**

Aonori  
 Carola  
 Dabberlocks or badderlocks  
 Dulse or dillisk  
 Hijiki  
 Kombu )  
 Laver  
 Mozuku  
 Nori  
 Ogonori  
 Sea grape  
 Sea kale  
 Sea lettuce  
 Wakame

### **Spices**

Ginger  
 Clove( Lavang)  
 Turmeric  
 Cinnamon  
 black pepper  
 nutmeg  
 Garlic  
 Wasabi

### **Cereals:**

common bean  
 azuki bean  
 Kidney bean  
 haricot bean  
 pinto bean  
 navy bean  
 Lima bean  
 butter bean  
 Azuki bean  
 adzuki bean  
 Mung bean  
 golden gram  
 green gram  
 Black gram  
 urad  
 Scarlet runner bean  
 Damson plum  
 Date

Moth bean  
 Toor dal,  
 Chana dal  
 Kala chana  
 Kabuli dal  
 Mung dal  
 Lobiya dal / black-eyed bean  
 Urad dal  
 Masoor dal  
 Rajma dal  
 Fkax seeds

### **Fruits**

Abiu  
 Açai or Assai  
 Acerola  
 Ackee  
 African cherry orange  
 African mango  
 African moringa  
 Ambarella  
 American Black Elderberry  
 American Chestnut  
 American grape:  
 American Persimmon  
 American plum  
 American Red Elderberry  
 American Red Raspberry  
 Apple and crabapple  
 Malay apple  
 Custard apple  
 Elephant apple  
 key apple  
 mammee apple  
 Apricot  
 Araza  
 Arhat called longevity fruit  
 Atemoya  
 Atherton Raspberry  
 Avocado  
 Banana  
 Babaco  
 Bacupari  
 Bacuri  
 Bael,  
 Grumichama  
 Guanabana

Barbadine  
 Batuan  
 Beach Plum  
 Bearberry  
 Betel Nut)  
 Bignay)  
 Bilberry  
 Bilimbi  
 Biribi  
 Bitter melon  
 Black Apple  
 Black cherry  
 Black raspberry  
 Black Mulberry  
 Black Sapote  
 Black Walnut  
 Blackberry,  
 Blood Orange  
 Blue tongue  
 Blueberry  
 Bolivian coconut  
 Bolwarra  
 Boquila  
 Bottle Gourd  
 Brazilian Guava  
 Breadnut  
 Mayan breadnut  
 Broad-leaf Bramble  
 Buddha's Hand  
 Buffaloberry -  
 Burdekin Plum  
 Latka  
 Bush tomato  
 Button Mangosteen  
 Caimito  
 Calabash Tree  
 Calamondin  
 Calamansi  
 CamuCamu  
 Canistel  
 Cantaloupe  
 Cape Gooseberry  
 Capuli cherry  
 Carambola -  
 Kabosu Rutaceae  
 Kaffir lime

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Cashew apple	Date plum	Guarana	Kahikatea
Cassabanana	Davidson's plum	Guava	Kakadu lime
Cattley Guava	Desert banana	Cattley guava	Kakadu plum
Cawesh	Desert fig	Chilean guava	Kandis
Cedar Bay cherry	Desert lime	Costa Rican guava	Kapok)
Ceriman	Dodder laurel	pineapple guava	Karkalla
Cereus peruvianus	Doubah	purple guava	Karonda
Ceylon gooseberry	Coco-de-mer	strawberry guava	Kei apple
Charichuelo	Dragonfruit / Pitaya	Guavaberry/Rumberry;	Kepel fruit
Chayote	Duku		Keule
Che -	Durian	Hackberry	Key Lime
Chempedak		Hairless rambutan	Kitembilla
Chenet / mamoncillo	Eastern May Hawthorn	Hardy Kiwi	Kiwano horned melon
Cherimoya	Elderberry	Hawthorn	Kiwifruit
Cherry	Elephant Apple	Hog Plum	Korlan
Cherry ballart	Emblica Indian gooseberry	Honeydew	Kumquat
Cherry/ Rio Grande	Emu Apple	Honeysuckle <sup>[6]</sup>	meiwa kumquat
Chilean guava / ugni	Emu berry	Horned melon	nagami kumquat
Chinese jujube	Falberry	Huckleberry	Kundong
Chinese Olive	False-mastic	Huito also called / jenipapo	Kutjera
Chinese Quince	Feijoa / pineapple guava		Kwai Muk
Chokeberry	Fibrous Satinash	Ice Cream Bean	
Chokecherry	Fig	llama	Lady apple
Chupa-Chupa	Finger Lime	Illawarra Plum	Lakoocha
Citron	Florida strangler fig	Imbe	Langsat or duku
Clementine		Indian almond	Lanzones
Cloudberry	Gac	Indian fig	Lapsi
Cluster fig	Galia melon	Indian gooseberry	Lardizabala
Cocky apple	Gambooge	Indian jujube	Lemon
Coco Plum	Genip	Indian prune	Lemon aspen
Cocona	Giant Colombian blackberry		Leucaena
Coconut	Giant Granadilla	Jabuticaba Brazilian Grape Tree	Lillypilly.
Cocoplum	Gooseberry	Jackfruit/ nangka	Little gooseberry tree)
coffee cherries	Ceylon gooseberry	Jambul	Lime
Cola nut	Indian gooseberry	Japanese Persimmon/Sharon	Limeberry
Common apple-berry	Otaheite gooseberry	Jatobá Caesalpinioideae)	Limequat
Conkerberry	cape gooseberry	Jelly Palm	Lingonberry
Cornelian cherry	Goumi	Jocote, Jamaica Plum	Loganberry
Costa Rican Guava	Governor's Plum	Jujube	Longan
Cranberry	Montessa granadilla	Chinese jujube	Loquat
Crowberry	yellow granadilla	Indian jujube	Louvi
Cupuaçu	raisin, sultana .	Juniper berry	Lúcuma
Currant red, black/ white	Grapefruit		Lychee
Curry-leaf Tree	Greengage,		
Ma-praang		Palmyra Palm/Toddy Palm	Raisin tree
Mabolo	Naartjie	Papaya	Rambutan
Macadamia	Nagami Kumquat	Granadilla	Red Mombin

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Macadamia	Nageia	Pawpaw	Red Mombin
Madrono	Nance	Peach	Red Mulberry
Malabar plum	Nannyberry or sheepberry	Peach palm	Rhubarb
Malay Apple	Naranjilla	Peanut	Riberry
Mamey	Native currant	Peanut butter fruit	Rimu
Mammee Apple	Native gooseberry	Pear	Rollinia
Mamoncillo/ Longan	Native raspberry	Pecan	Rose Apple
Mandarin	Nectarine, see peach	Pepino	Rose hip,
Mangaba	Neem	Pequi	Rose-leaf Bramble
Mango	Néré	tahiti lime.	Rose myrtle
Mangosteen	Nonda plum	Persimmon	Macadamia
Manila tamarind	Noni	Peumo	Rowan
Manoao	Nungu	Phalsa	
Maqui	Nutmeg	Pigeon pea	Safou
Marang		Pigeon plum	Sageretia
Marula	Oil Palm	Pigface	Saguaro
Breadnut, Mayan	Olive	Pili Nut	Salak
Mayapple	Orange	Pindo Palm	Salal
Mayhaw,	Oregon grape	Pineapple	Salmonberry
Medlar	Oroblanco (Rutaceae)	Pineapple guava	Sandpaper Fig
Meiwa Kumquat	Otaheite gooseberry	Pink-flowered Native Raspberry	Santol
Melinjo		Pistachio	Sapote, see mamey
Melon pear	Raisin tree	Pitaya,	Sapodilla
Midyim	Rambutan	Pitomba	Satinash
Miracle Fruit	Red Mombin	Plum/ <b>prunes</b>	Saskatoonberry
Indian Strawberry	Red Mombin	Pois doux	Saw Palmetto
purple mombin	Red Mulberry	Pomegranate	Sea-buckthorn
red mombin	Rhubarb	Pomelo	Sea Grape
yellow mombin	Riberry	Pommecythère or pomcité	Serviceberry or Saskatoon
Monkey Jackruit	Rimu	Pommerac	Shipova
Monkey Tamarind	Rollinia	Pond-apple	Small-leaf tamarind
Monstera	Rose Apple	Prickly pear	Snow berry
Mora Común	Rose hip,	Pulasan	Soncoya )
Mora de Castilla	Rose-leaf Bramble	Pummelo	sorb apple
Morinda	Rose myrtle	Pupunha	Soursop
Morinda citrifolia	Macadamia	Purple apple-berry	Southern Crabapple
Mortiño	Rowan	Purple granadilla	Spanish lime
Mountain pepper		Purple Guava	Spanish tamarind
Mountain Soursop	Quandong	Purple Mombin	Spiny Monkey-orange
Mulberry red/ white	Queensland Ebony		caimito or caimite
Munydjudj, / wild plum	Quince	Sugar Apple ata	Starfruit, see carambola
Mundu	Yellow Granadilla	Surinam Cherry	Strawberry
Muntries	Yellow Mombin	Sweet Granadilla )	Strawberry Guava
Muscadine	Yellow plum )	Sweet Lemon	Strawberry myrtle
Muskmelon	Youngberry	Sweet orange	Syacamore
	Yangmei	Sweet pepper	
Strawberry Pear	Yantok, or rattan fruit	Sweetsop	

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Tahitian apple  
Tamarillo  
Tamarind  
Manila tamarind  
monkey tamarind  
velvet tamarind  
Tangerine  
Tanjong  
Texas Persimmon  
Thimbleberry  
Tōtara  
Toyon  
Tropical Almond

Wampee  
Water Apple  
Watermelon  
Wax Gourd,  
Wax jambu  
West Indian cherry  
White aspen  
White Mulberry  
White Sapote  
Whortleberry  
Wild grape  
Wild orange  
Wild peach  
Wild plum  
Wild plum  
Wild Mangosteen  
Wineberry  
Wolfberry  
Wongi  
Wood Apple

### **Z**

Zig Zag Vine  
Ziziphus, see Jujube