

VEGETABLES AND THE  
VEGETABLE INDUSTRY

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01  
BOTANICAL NAMES OF VEGETABLES

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES

| Botanical Name                                 | Common Name             | Edible Plant Part |
|------------------------------------------------|-------------------------|-------------------|
| Division Sphenophyta                           |                         |                   |
| Equisetaceae                                   |                         |                   |
| <i>Equisetum arvense</i> L.                    | HORSETAIL FAMILY        |                   |
| Division Pterophyta                            | Horsetail               | Young strobili    |
| Dennstaedtiaceae                               | FERN GROUP              |                   |
| <i>Pteridium aquilinum</i> (L.) Kuhn.          | Bracken fern            | Immature frond    |
| Osmundaceae                                    |                         |                   |
| <i>Osmunda cinnamomea</i> L.                   | Cinnamon fern           | Immature frond    |
| <i>Osmunda japonica</i> Th.                    | Japanese flowering fern | Immature frond    |
| Parkeriaceae                                   |                         |                   |
| <i>Ceratopteris thalictroides</i> (L.) Brongn. | Water fern              | Young leaf        |
| Polypodiaceae                                  |                         |                   |
| <i>Diaplazium esculentum</i> (Retz.) Swartz.   | Vegetable fern          | Young leaf        |
| Division Anthophyta                            |                         |                   |
| Class Monocotyledons                           |                         |                   |
| Alismataceae                                   |                         |                   |
| <i>Sagittaria sagittifolia</i> L.              | WATER PLANTAIN FAMILY   |                   |
| <i>Sagittaria trifolia</i> L. (Sieb.) Ohwi     | Arrowhead               | Corn              |
|                                                | Chinese arrowhead       | Corn              |

## Alliaceae

*Allium ampeloprasum* L. Ampeloprasum group  
*Allium ampeloprasum* L. Kurrat group  
*Allium ampeloprasum* L. Porrum group  
*Allium cepa* L. Aggregatum group  
*Allium cepa* L. Cepa group  
*Allium cepa* L. Proliferum group  
*Allium chinense* G. Don.  
*Allium fistulosum* L.

*Allium grayi* Regel

*Allium sativum* L.

*Allium schoenoprasum* L.

*Allium scorodoprasum* L.

*Allium tuberosum* Rottler ex Sprengel

*Allium victorialis* L. var. *platyphyllum*, Hult.

*Allium* × *wakegi* Araki

## Araceae

*Alocasia macrorrhiza* (L.) Schott

*Amorphophallus paeoniifolius* (Dennst.) Nicolson

*Colocasia esculenta* (L.) Schott

*Cyrtosperma chamissonis* (Schott) Merr.

*Cyrtosperma merkusii* (Hassk.) Schott.

*Xanthosoma brasiliense* (Desf.) Engler

*Xanthosoma sagittifolium* (L.) Schott

## Cannaceae

*Canna indica* L.

## ONION FAMILY

Great-headed garlic

Kurrat

Leek

Shallot

Onion

Tree onion, Egyptian onion

Rakkyo

Welsh onion, Japanese bunching onion

Japanese garlic

Garlic

Chive

Sand leek, giant garlic

Chinese chive

Longroot onion

Turfed stone leek

## ARUM FAMILY

Giant taro, alocasia

Elephant yam

Taro, dasheen, cocoyam

Giant swamp taro

Gallan

Tannier spinach, catalou

Tannia, yellow yautia

## CANNA FAMILY

Indian canna, arrowroot, edible canna

Bulb and leaf

Pseudostem

Pseudostem and leaf

Pseudostem and leaf

Bulb

Aerial bulb

Bulb

Pseudostem and leaf

Leaf

Bulb and leaf

Leaf

Leaf and bulb

Leaf, immature flower

Bulb, leaf

Leaf

Corm, immature leaf, petiole

Corm

Corm, immature leaf

Corm

Corm

Immature leaf

Corm and young leaf

Rhizome

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES (*Continued*)

| Botanical Name                                       | Common Name                            | Edible Plant Part |
|------------------------------------------------------|----------------------------------------|-------------------|
| Cyperaceae                                           |                                        |                   |
| <i>Cyperus esculentus</i> L.                         | SEDGE FAMILY                           |                   |
| <i>Eleocharis dulcis</i> (Burm.f.) Trin. ex Henschel | Rushnut, chufa                         | Tuber             |
|                                                      | Water chestnut, Chinese water chestnut | Corn              |
| <i>Eleocharis kuroguwai</i> Ohwi                     | Wild water chestnut                    | Corn              |
| Dioscoreaceae                                        | YAM FAMILY                             |                   |
| <i>Dioscorea alata</i> L.                            | White yam, water yam                   | Tuber             |
| <i>Dioscorea batatas</i> Decue.                      | Chinese yam                            | Tuber             |
| <i>Dioscorea bulbifera</i> L.                        | Potato yam, aerial yam                 | Tuber             |
| <i>Dioscorea cayenensis</i> Lam.                     | Yellow yam                             | Tuber             |
| <i>Dioscorea dumetorum</i> (Kunth) Pax.              | Bitter yam                             | Tuber             |
| <i>Dioscorea esculenta</i> (Lour.) Burk.             | Lesser yam                             | Tuber             |
| <i>Dioscorea rotundata</i> Poir.                     | White Guinea yam                       | Tuber             |
| <i>Dioscorea trifida</i> L. f.                       | Indian yam                             | Tuber             |
| Iridaceae                                            | IRIS FAMILY                            |                   |
| <i>Tigridia pavonia</i> Ker.-Gawl.                   | Common tiger flower                    | Bulb              |
| Liliaceae                                            | LILY FAMILY                            |                   |
| <i>Asparagus acutifolius</i> L.                      | Wild asparagus                         | Shoot             |
| <i>Asparagus officinalis</i> L.                      | Asparagus                              | Shoot             |
| <i>Hemerocallis</i> spp.                             | Daylily                                | Flower            |
| <i>Leopoldia comosa</i> (L.) Parl.                   | Tufted hyacinth                        | Bulb              |
| <i>Lilium</i> spp.                                   | Lily                                   | Bulb              |

Limnocharitaceae

*Limnocharis flava* (L.) Buchenau

Marantaceae

*Calathea allouia* (Aubl.) Lindl.

*Maranta arundinacea* L.

Musaceae

*Musa* × *paradisica* L. var. *paradisica*

Poaceae

*Bambusa* spp.

*Dendrocalamus latiflorus* Munro

*Pennisetum purpureum* Schum.

*Phyllostachys* spp.

*Saccharum edule* Hassk.

*Setaria palmifolia* Stapf.

*Zea mays* L. subsp. *mays*

*Zizania latifolia* (Griseb.) Turcz. ex Stapf.

Pontederiaceae

*Monochoria hastata* (L.) Solms.

*Monochoria vaginalis* (Burm.) Kunth

Taccaceae

*Tacca leontopetaloides* (L.) Kuntze

Zingiberaceae

FLOWERING RUSH

FAMILY

Yellow velvetleaf

Young leaf, petiole,  
and floral shoot

ARROWROOT FAMILY

Sweet corn root

West Indian arrowroot

BANANA FAMILY

Plantain

Fruit, flower bud

GRASS FAMILY

Bamboo shoots

Young shoot

Bamboo shoots

Young shoot

Elephant grass, napier grass

Young spear

Bamboo shoots

Young shoot

Sugarcane inflorescence

Immature  
inflorescence

Palm grass

Young plant

Sweet corn

Immature kernels  
and immature cob  
with kernel

Swollen shoot/stem

Water bamboo, cobo

PICKERELWEED FAMILY

Hastate-leaved pondweed

Oval-leaved pondweed

TACCA FAMILY

East Indian arrowroot

Rhizome

GINGER FAMILY

Young leaf

Young leaf

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES (*Continued*)

| Botanical Name                                       | Common Name                   | Edible Plant Part                               |
|------------------------------------------------------|-------------------------------|-------------------------------------------------|
| <i>Alpinia galanga</i> (L.) Sw.                      | Greater galangal              | Floral sprout and flower, tender shoot, rhizome |
| <i>Curcuma longa</i> L.                              | Turmeric                      | Rhizome                                         |
| <i>Curcuma zedoaria</i> (Christm.) Roscoe            | Long zedoary                  | Rhizome                                         |
| <i>Zingiber mioga</i> (Thunb.) Roscoe                | Japanese wild ginger          | Rhizome, tender shoot, leaf, flower             |
| <i>Zingiber officinale</i> Roscoe                    | Ginger                        | Rhizome and tender shoot                        |
| Division Anthophyta                                  |                               |                                                 |
| Class Dicotyledons                                   |                               |                                                 |
| Acanthaceae                                          |                               |                                                 |
| <i>Justicia insularis</i> T. And.                    | ACANTHUS FAMILY               |                                                 |
|                                                      | Tettu                         | Young shoot, leaf, root                         |
| <i>Rungia klossii</i> S. Moore                       |                               | Leaf                                            |
| Aizoaceae                                            |                               |                                                 |
| <i>Mesembryanthemum crystallinum</i> L.              | CARPETWEED FAMILY             |                                                 |
| <i>Tetragonia tetragonioides</i> (Pall.) O. Kuntze   | Ice plant                     | Leaf                                            |
| Amaranthaceae                                        |                               |                                                 |
| <i>Alternanthera philoxeroides</i> (Martius) Griseb. | New Zealand spinach           | Tender shoot and leaf                           |
| <i>Alternanthera sessilis</i> (L.) R. Br.            | AMARANTH FAMILY               |                                                 |
|                                                      | Alligator weed, Joseph's coat | Young top                                       |
|                                                      | Sessile alternanthera         | Young top                                       |

|                                                                   |                                 |                                                               |
|-------------------------------------------------------------------|---------------------------------|---------------------------------------------------------------|
| <i>Amaranthus</i> spp.                                            | Amaranthus, tampala             | Tender shoot, leaf,<br>sprouted seed<br>Leaf and tender shoot |
| <i>Celosia</i> spp.                                               | Cockscomb                       |                                                               |
| Apiaceae                                                          | CARROT FAMILY                   |                                                               |
| <i>Angelica archangelica</i> L.                                   | Angelica                        | Tender shoot and leaf                                         |
| <i>Angelica keiskei</i> (Miq.) Koidz.                             | Japanese angelica               | Tender shoot and leaf                                         |
| <i>Anthriscus cerefolium</i> (L.) Hoffm.                          | Chervil                         | Leaf                                                          |
| <i>Apium graveolens</i> L. var. <i>dulce</i> (Mill.) Pers.        | Celery                          | Petiole, leaf                                                 |
| <i>Apium graveolens</i> L. var. <i>rapaceum</i> (Mill.) Gaud.     | Celeriac, turnip-rooted celery  | Root, leaf                                                    |
| <i>Arracacha xanthorrhiza</i> Bancroft                            | Arracacha, Peruvian carrot      | Root                                                          |
| <i>Centella asiatica</i> (L.) Urban                               | Asiatic pennywort               | Leaf and stolon                                               |
| <i>Chaerophyllum bulbosum</i> L.                                  | Tuberous chervil                | Root                                                          |
| <i>Coriandrum sativum</i> L.                                      | Coriander                       | Leaf and seed                                                 |
| <i>Cryptotaenia japonica</i> Hassk.                               | Japanese hornwort               | Leaf                                                          |
| <i>Daucus carota</i> L. subsp. <i>sativus</i> (Hoffm.) Arcang.    | Carrot                          | Root and leaf                                                 |
| <i>Foeniculum vulgare</i> var. <i>azoricum</i> (Miller) Thell.    | Fennel                          | Leaf                                                          |
| <i>Foeniculum vulgare</i> var. <i>dulce</i> Fiori                 | Florence fennel                 | Leaf base                                                     |
| <i>Glehnia littoralis</i> F. Schm.                                | Coastal glehnia                 | Leaf, stem, root                                              |
| <i>Hydrocotyle sibthorpioides</i> Lam.                            | Hydrocotyle                     | Young shoot and leaf                                          |
| <i>Myrrhis odorata</i> (L.) Scop.                                 | Garden myrrh                    | Leaf, root, and seed                                          |
| <i>Oenanthe javanica</i> (Blume) DC. subsp. <i>javanica</i>       | Oriental celery, water dropwort | Leaf and tender shoot                                         |
| <i>Pastinaca sativa</i> L.                                        | Parsnip                         | Root and leaf                                                 |
| <i>Petroselinum crispum</i> (Mill.) Nym. var. <i>crispum</i>      | Parsley                         | Leaf                                                          |
| <i>Petroselinum crispum</i> (Mill.) Nym. <i>tuberosum</i>         | Turnip-rooted parsley           | Root and leaf                                                 |
| <i>Petroselinum crispum</i> (Mill.) Nym. var. <i>neapolitanum</i> | Italian parsley                 | Leaf                                                          |
| <i>Sium sisarum</i> L.                                            | Skirret                         | Root                                                          |
| Araliaceae                                                        | ARALIA FAMILY                   |                                                               |
| <i>Aralia cordata</i> Thunb.                                      | Spikenard                       | Tender shoot                                                  |

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES (*Continued*)

| Botanical Name                                                       | Common Name                      | Edible Plant Part     |
|----------------------------------------------------------------------|----------------------------------|-----------------------|
| <i>Aralia elata</i> Seeman                                           | Japanese aralia                  | Young leaf            |
| Asteraceae                                                           | SUNFLOWER FAMILY                 |                       |
| <i>Arctium lappa</i> L.                                              | Edible burdock                   | Root, petiole         |
| <i>Artemisia dracunculus</i> L. var. <i>sativa</i> L.                | French tarragon                  | Leaf                  |
| <i>Artemisia indica</i> Willd. var. <i>maximowiczii</i> (Nakai) Hara | Mugwort                          | Leaf                  |
| <i>Aster scaber</i> Thunb.                                           | Aster                            | Leaf                  |
| <i>Bidens pilosa</i> L.                                              | Bur marigold                     | Young shoot and leaf  |
| <i>Chrysanthemum</i> spp.                                            | Edible chrysanthemum             | Leaf and tender shoot |
| <i>Cichorium endivia</i> L.                                          | Endive, escarole                 | Leaf                  |
| <i>Cichorium intybus</i> L.                                          | Chicory, witloof chicory         | Leaf                  |
| <i>Cirsium dipsacolepis</i> (Maxim.) Matsum.                         | Gobouazami                       | Root                  |
| <i>Cosmos caudatus</i> Kunth                                         | Cosmos                           | Leaf and young shoot  |
| <i>Crassocephalum biafrae</i> (Oliv. et Hiern) S. Moore              | Sierra Leone bologni             | Young shoot and leaf  |
| <i>Crassocephalum crepidioides</i> (Benth.) S. Moore                 | Hawksbeard velvetplant           | Young shoot and leaf  |
| <i>Cynara cardunculus</i> L.                                         | Cardoon                          | Petiole               |
| <i>Cynara scolymus</i> L.                                            | Globe artichoke                  | Immature flower bud   |
| <i>Emilia sonchifolia</i> (L.) DC.                                   | Emilia, false sow thistle        | Young shoot and leaf  |
| <i>Enydra fluctuans</i> Lour.                                        | Buffalo spinach                  | Young shoot and leaf  |
| <i>Farfugium japonicum</i> (L.) Kitamura                             | Japanese farfugium               | Petiole               |
| <i>Fedia cornuopatae</i> DC.                                         | Horn of plenty, African valerian | Leaf                  |



|                                                          |                                  |                             |
|----------------------------------------------------------|----------------------------------|-----------------------------|
| <i>Galinsoğa parviflora</i> Cav.                         | Galinsoğa                        | Young shoot                 |
| <i>Gynura bicolor</i> DC.                                | Gynura                           | Young leaf                  |
| <i>Helianthus tuberosus</i> L.                           | Jerusalem artichoke              | Tuber                       |
| <i>Lactuca indica</i> L.                                 | Indian lettuce                   | Leaf                        |
| <i>Lactuca sativa</i> L. var. <i>asparagina</i> Bailey   | Asparagus lettuce, celtuce       | Stem                        |
| <i>Lactuca sativa</i> L. var. <i>capitata</i> L.         | Head lettuce, butterhead lettuce | Leaf                        |
| <i>Lactuca sativa</i> L. var. <i>longifolia</i> Lam.     | Romaine lettuce, leaf lettuce    | Leaf                        |
| <i>Launaea taraxacifolia</i> (Willd.) Amin ex C. Jeffrey | Wild lettuce                     | Leaf                        |
| <i>Petasites japonicus</i> (Sieb. & Zucc.) Maxim.        | Butterbur                        | Petiole                     |
| <i>Polymnia sonchifolia</i> Poepp. & Endl.               | Yacon strawberry                 | Root                        |
| <i>Scolymus hispanicus</i> L.                            | Golden thistle                   | Root and leaf               |
| <i>Scolymus maculatus</i> L.                             | Spotted garden thistle           | Leaf                        |
| <i>Scorzonera hispanica</i> L.                           | Black salsify                    | Root and leaf               |
| <i>Sonchus oleraceus</i> L.                              | Milk thistle, sow thistle        | Leaf                        |
| <i>Spilanthes acmella</i> (L.) Murr.                     | Brazil cress                     | Young leaf                  |
| <i>Spilanthes ciliata</i> HBK                            | Guasca                           | Young leaf                  |
| <i>Spilanthes iabadicensus</i> A.H. Moore                | Getang                           | Young leaf and flower shoot |
| <i>Spilanthes paniculata</i> Wall ex DC.                 | Getang                           | Young leaf and flower shoot |
| <i>Struthium sparganophora</i> (L.) O. Ktze.             | Bitter leaf                      | Young shoot                 |
| <i>Taraxacum officinale</i> Wiggers                      | Dandelion                        | Leaf, root                  |
| <i>Tragopogon porrifolius</i> L.                         | Salsify, vegetable oyster        | Root and young leaf         |
| <i>Tragopogon pratensis</i> L.                           | Goatsbeard, meadow salsify       | Young root and shoot        |
| <i>Vernonia amygdalina</i> Delile.                       | Bitter leaf                      | Young shoot                 |
| Basellaceae                                              | BASELLA FAMILY                   |                             |

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES (*Continued*)

| Botanical Name                                                                     | Common Name                     | Edible Plant Part         |
|------------------------------------------------------------------------------------|---------------------------------|---------------------------|
| <i>Basella alba</i> L.                                                             | Indian spinach, Malabar spinach | Leaf and young shoot      |
| <i>Ullucus tuberosus</i> Lozano                                                    | Ulluco                          | Tuber                     |
| Boraginaceae                                                                       | BORAGE FAMILY                   |                           |
| <i>Borago officinalis</i> L.                                                       | Borage                          | Petiole                   |
| <i>Symphytum officinale</i> L.                                                     | Common comfrey                  | Leaf and tender shoot     |
| <i>Symphytum</i> × <i>uplandicum</i> Nyman                                         | Russian comfrey                 | Young leaf and shoot      |
| Brassicaceae                                                                       | MUSTARD FAMILY                  |                           |
| <i>Armoracia rusticana</i> Gaertn., Mey, Scherb.                                   | Horseradish                     | Root, leaf, sprouted seed |
| <i>Barbarea verna</i> (Mill.) Aschers                                              | Upland cress                    | Leaf                      |
| <i>Brassica carinata</i> A. Braun                                                  | Abyssinian mustard              | Leaf                      |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>capitata</i> Hort.             | Capitata mustard                | Leaf                      |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>crassicaulis</i> Chen and Yang | Bamboo shoot mustard            | Stem                      |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>crispifolia</i> Bailey         | Curled mustard                  | Leaf                      |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>foliosa</i> Bailey             | Small-leaf mustard              | Leaf                      |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>gemmifera</i> Lee & Lin        | Gemmiferous mustard             | Stem and axillary bud     |

|                                                                                   |                                  |                                |
|-----------------------------------------------------------------------------------|----------------------------------|--------------------------------|
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>involuta</i><br>Yang & Chen   | Involute mustard                 | Leaf                           |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>latipa</i> Li                 | Wide-petiole mustard             | Leaf                           |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>leucanthus</i><br>Chen & Yang | White-flowered mustard           | Leaf                           |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>linearifolia</i>              | Line mustard                     | Leaf                           |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var.                                  | Long-petiole mustard             | Leaf                           |
| <i>longepetiolata</i> Yang & Chen                                                 |                                  |                                |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>megarrhiza</i><br>Tsen & Lee  | Tuberous-rooted mustard          | Root                           |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>multiceps</i><br>Tsen & Lee   | Tillered mustard                 | Leaf                           |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>multisecta</i><br>Bailey      | Flowerlike leaf mustard          | Leaf                           |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>rugosa</i><br>Bailey          | Brown mustard, mustard<br>greens | Leaf                           |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>strumata</i><br>Tsen & Lee    | Strumous mustard                 | Stem                           |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>tumida</i><br>Tsen & Lee      | Swollen-stem mustard             | Stem and leaf                  |
| <i>Brassica juncea</i> (L.) Czernj. & Coss. var. <i>utilis</i> Li                 | Penduncled mustard               | Young flower stalk             |
| <i>Brassica napus</i> L. var. <i>napobrassica</i> (L.) Reichb.                    | Rutabaga                         | Root and leaf                  |
| <i>Brassica napus</i> L. var. <i>napus</i>                                        | Vegetable rape                   | Leaf and young<br>flower stalk |
| <i>Brassica napus</i> L. var. <i>pabularia</i> (DC.) Reichb.                      | Siberian kale, Hanover salad     | Leaf                           |
| <i>Brassica nigra</i> L. Koch.                                                    | Black mustard                    | Leaf                           |
| <i>Brassica oleracea</i> L. var. <i>acephala</i> DC.                              | Kale, collards                   | Leaf                           |

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES (*Continued*)

| Botanical Name                                                        | Common Name                           | Edible Plant Part           |
|-----------------------------------------------------------------------|---------------------------------------|-----------------------------|
| <i>Brassica oleracea</i> L. var. <i>alboglabra</i> Bailey             | Chinese kale                          | Young flower stalk and leaf |
| <i>Brassica oleracea</i> L. var. <i>botrytis</i> L.                   | Cauliflower                           | Immature floral stalk       |
| <i>Brassica oleracea</i> L. var. <i>capitata</i> L.                   | Cabbage                               | Leaf                        |
| <i>Brassica oleracea</i> L. var. <i>costata</i> DC.                   | Portuguese cabbage, tronchuda cabbage | Leaf and inflorescence      |
| <i>Brassica oleracea</i> L. var. <i>gemmifera</i> Zenk.               | Brussels sprouts                      | Axillary bud                |
| <i>Brassica oleracea</i> L. var. <i>gongylodes</i> L.                 | Kohlrabi                              | Enlarged stem               |
| <i>Brassica oleracea</i> L. var. <i>italica</i> Plenck.               | Broccoli                              | Immature flower stalk       |
| <i>Brassica oleracea</i> L. var. <i>medullosa</i> Thell.              | Marrow stem kale                      | Leaf                        |
| <i>Brassica oleracea</i> L. var. <i>ramosa</i> Alef.                  | Thousand-headed kale                  | Leaf                        |
| <i>Brassica oleracea</i> L. var. <i>sabauda</i> L.                    | Savoy cabbage                         | Leaf                        |
| <i>Brassica perviridis</i> Bailey                                     | Spinach mustard, tendergreen mustard  | Leaf                        |
| <i>Brassica rapa</i> L. var. <i>chinensis</i> (Rupr.) Olsson          | Pak choy, Chinese mustard             | Leaf                        |
| <i>Brassica rapa</i> L. var. <i>narinosa</i> (Bailey) Olsson          | Broad-beaked mustard                  | Leaf                        |
| <i>Brassica rapa</i> L. var. <i>parachinensis</i> (Bailey) Tsen & Lee | Mock pak choy, choy sum               | Leaf                        |
| <i>Brassica rapa</i> L. var. <i>pekinensis</i> (Lour.) Olsson         | Chinese cabbage, pe-tsai              | Leaf                        |
| <i>Brassica rapa</i> L. var. (DC.) Metzg. <i>rapa</i>                 | Turnip                                | Enlarged root               |
| <i>Brassica rapa</i> L. var. (DC.) Metzg. <i>utilis</i>               | Turnip green                          | Leaf                        |

|                                                             |                                |                              |
|-------------------------------------------------------------|--------------------------------|------------------------------|
| <i>Brassica rapa</i> L. var. (DC.) Metzg. <i>septicaeps</i> | Turnip broccoli, broccoli raab | Inflorescence                |
| <i>Bunias orientalis</i> L.                                 | Hill mustard                   | Leaf                         |
| <i>Capsella bursa-pastoris</i> (L.) Medikus                 | Shepherd's purse               | Young leaf                   |
| <i>Cardamine pratensis</i> L.                               | Cuckoo flower                  | Leaf                         |
| <i>Crambe maritima</i> L.                                   | Sea kale                       | Petiole and young leaf       |
| <i>Crambe tatarica</i> Jacq.                                | Tartar breadplant              | Petiole and young leaf, root |
| <i>Diplotaxis muralis</i> (L.) DC.                          | Wallrocket                     | Leaf                         |
| <i>Eruca sativa</i> Miller                                  | Rocket salad, arugula          | Leaf                         |
| <i>Lepidium meyenii</i> Walp.                               | Maca                           | Root                         |
| <i>Lepidium sativum</i> L.                                  | Garden cress                   | Leaf                         |
| <i>Nasturtium officinale</i> R. Br.                         | Watercress                     | Leaf                         |
| <i>Raphanus sativus</i> L. Caudatus group                   | Rat-tail radish                | Immature seed pod            |
| <i>Raphanus sativus</i> L. Radicula group                   | Radish                         | Root                         |
| <i>Raphanus sativus</i> L. Daikon group                     | Daikon                         | Root                         |
| <i>Sinapis alba</i> L.                                      | White mustard                  | Leaf and young flower stalk  |
| <i>Wasabia japonica</i> (Miq.) Matsum.                      | Wasabi, Japanese horseradish   | Rhizome, young shoot         |
| Cabombaceae                                                 | WATER LILY FAMILY              |                              |
| <i>Brasenia schreberi</i> Gmelin                            | Watershield                    | Young leaf                   |
| Cactaceae                                                   | CACTUS FAMILY                  |                              |
| <i>Opuntia ficus-indica</i> (L.) Mill.                      | Prickly pear                   | Pad, fruit                   |
| Campanulaceae                                               | BELLFLOWER FAMILY              |                              |
| <i>Campanula rapunculus</i> L.                              | Rampion                        | Root and first leaf          |
| Capparaceae                                                 | CAPER FAMILY                   |                              |
| <i>Capparis spinosa</i> L.                                  | Capper                         | Flower bud                   |
| <i>Cleome gynandra</i> L.                                   | Cat's whiskers                 | Leaf, young shoot, fruit     |

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES (*Continued*)

| Botanical Name                          | Common Name             | Edible Plant Part       |
|-----------------------------------------|-------------------------|-------------------------|
| <i>Platycodon grandiflorum</i> A. DC.   | Chinese bellflower      | Leaf                    |
| Chenopodiaceae                          | GOOSEFOOT FAMILY        |                         |
| <i>Atriplex hortensis</i> L.            | Orach                   | Leaf                    |
| <i>Beta vulgaris</i> L. Cicla group     | Chard, Swiss chard      | Leaf                    |
| <i>Beta vulgaris</i> L. Crassa group    | Garden beet             | Root and leaf           |
| <i>Chenopodium bonus-henricus</i> L.    | Good King Henry         | Leaf                    |
| <i>Chenopodium quinoa</i> Willd.        | Quinoa                  | Leaf                    |
| <i>Kochia scoparia</i> (L.) Schrader    | Mock cypress            | Tender shoot            |
| <i>Salsola komarovii</i> Iljin.         | Komarov Russian thistle | Leaf and young shoot    |
| <i>Salsola soda</i> L.                  | Salsola                 | Leaf and young shoot    |
| <i>Spinacia oleracea</i> L.             | Spinach                 | Leaf                    |
| <i>Suaeda asparagoides</i> Mak.         | Common seepweed         | Young stem, leaf, plant |
| Convolvulaceae                          | BINDWEED FAMILY         |                         |
| <i>Convolvulus japonicus</i> Thunb.     | Rose glorybind          | Root                    |
| <i>Ipomoea aquatica</i> Forssk.         | Water spinach, kangkong | Tender shoot and leaf   |
| <i>Ipomoea batatas</i> (L.) Lam.        | Sweet potato            | Root and leaf           |
| Crassulaceae                            | ORPINE FAMILY           |                         |
| <i>Sedum sarmentosum</i> Burge          | Sedum                   | Leaf                    |
| Cucurbitaceae                           | GOURD FAMILY            |                         |
| <i>Benincasa hispida</i> (Thunb.) Cogn. | Wax gourd               | Immature/mature fruit   |

|                                                                |                                       |                             |
|----------------------------------------------------------------|---------------------------------------|-----------------------------|
| <i>Citrullus lanatus</i> (Thunb.) Matsum & Nakai               | Watermelon                            | Ripe fruit and seed         |
| <i>Citrullus lanatus</i> var. <i>citroides</i> (Bailey) Mansf. | Citron, preserving melon              | Fruit                       |
| <i>Coccinia grandis</i> (L.) Voigt                             | Ivy gourd, tindora                    | Fruit, tender shoot, leaf   |
| <i>Cucumeropsis mannii</i> Naudin                              | White-seeded melon                    | Fruit and seed              |
| <i>Cucumis anguria</i> L.                                      | West Indian gherkin                   | Immature fruit              |
| <i>Cucumis melo</i> L. Cantaloupensis group                    | Cantaloupe                            | Fruit                       |
| <i>Cucumis melo</i> L. Chito group                             | Mango                                 | Fruit                       |
| <i>Cucumis melo</i> L. Conomon group                           | Oriental pickling melon               | Young fruit                 |
| <i>Cucumis melo</i> L. Flexuosus group                         | Japanese cucumber, snake melon        | Immature fruit              |
| <i>Cucumis melo</i> L. Inodorus group                          | Honeydew melon, casaba melon          | Fruit                       |
| <i>Cucumis melo</i> L. Reticulatus group                       | Muskmelon (cantaloupe), Persian melon | Ripe fruit                  |
| <i>Cucumis metuliferus</i> E. Meyer ex Naudin                  | African horned cucumber               | Fruit                       |
| <i>Cucumis sativus</i> L.                                      | Cucumber                              | Immature fruit              |
| <i>Cucurbita argyrosperma</i> Huber                            | Pumpkin                               | Young/mature fruit and seed |
| <i>Cucurbita ficifolia</i> Bouché                              | Fig-leaf gourd, Malabar gourd         | Fruit                       |
| <i>Cucurbita maxima</i> Duchesne                               | Giant pumpkin, winter squash          | Mature fruit and seed       |
| <i>Cucurbita moschata</i> Duchesne                             | Butternut squash, tropical pumpkin    | Young and mature fruit      |
| <i>Cucurbita pepo</i> L.                                       | Summer squash, zucchini               | Young fruit                 |
| <i>Cucurbita pepo</i> L.                                       | Common field pumpkin                  | Mature fruit and seed       |
| <i>Cyclanthera pedata</i> (L.) Schrader var. <i>pedata</i>     | Pepino                                | Immature fruit              |

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES (*Continued*)

| Botanical Name                                                     | Common Name                       | Edible Plant Part                      |
|--------------------------------------------------------------------|-----------------------------------|----------------------------------------|
| <i>Lagenaria siceraria</i> (Mol.) Standl.                          | Bottle gourd, calabash gourd      | Immature fruit, tender shoot, and leaf |
| <i>Luffa acutangula</i> (L.) Roxb.                                 | Angled loofah                     | Immature fruit                         |
| <i>Luffa aegyptiaca</i> Miller                                     | Smooth loofah, sponge gourd       | Immature fruit and leaf                |
| <i>Momordica charantia</i> L.                                      | Bitter gourd, balsam pear         | Immature fruit and young leaf          |
| <i>Praecitrullus fistulosus</i> (Stocks) Pang.                     | Squash melon                      | Fruit                                  |
| <i>Sechium edule</i> (Jacq.) Swartz.                               | Chayote, mirilton, vegetable pear | Fruit, tender shoot, leaf              |
| <i>Sicana odorifera</i> (Vell.) Naudin                             | Casabanana                        | Immature/mature fruit                  |
| <i>Telfairia occidentalis</i> Hook. f.                             | Fluted gourd, fluted pumpkin      | Seed, leaf, tender shoot               |
| <i>Telfairia pedata</i> (Smith ex Sims) Hook.                      | Oyster nut                        | Seed                                   |
| <i>Trichosanthes cucumerina</i> L. var. <i>anginea</i> (L.) Haines | Snake gourd                       | Immature fruit, leaf, and tender shoot |
| <i>Trichosanthes cucumeroids</i> (Ser.) Maxim.                     | Japanese snake gourd              | Immature fruit                         |
| <i>Trichosanthes dioica</i> Roxb.                                  | Pointed gourd                     | Immature fruit, tender shoot           |
| Euphorbiaceae                                                      | SPURGE FAMILY                     |                                        |



|                                                          |                        |                             |
|----------------------------------------------------------|------------------------|-----------------------------|
| <i>Cnidocolus aconitifolius</i> (Miller) Johnston        | Chaya                  | Leaf                        |
| <i>Cnidocolus chayamansa</i> Mc Vaughn                   | Chaya                  | Leaf                        |
| <i>Codiaeum variegatum</i> (L.) Blume                    | Croton                 | Young leaf                  |
| <i>Manihot esculenta</i> Crantz                          | Yuca, cassava, manioc  | Root and leaf               |
| <i>Sauropus androgynus</i> (L.) Merr.                    | Common saurupus        | Leaf                        |
| Fabaceae                                                 | PEA FAMILY             |                             |
| <i>Arachis hypogaea</i> L.                               | Peanut, groundnut      | Immature/mature seed        |
| <i>Bauhinia esculenta</i> Burchell                       | Marama bean            | Immature pod and root       |
| <i>Cajanus cajan</i> (L.) Huth.                          | Cajan pea, pigeon pea  | Immature pod/leaf           |
| <i>Canavalia ensiformis</i> (L.) DC.                     | Jack bean, horse bean  | Immature seed               |
| <i>Canavalia gladiata</i> (Jacq.) DC.                    | Sword bean, horse bean | Immature seed               |
| <i>Cicer arietinum</i> L.                                | Garbanzo, chickpea     | Seed                        |
| <i>Cyamopsis tetragonoloba</i> (L.) Taub.                | Cluster bean, guar     | Immature pod and seed       |
| <i>Flemingia vestita</i> Benth. ex Bak.                  | Flemingia              | Tuber                       |
| <i>Glycine max</i> (L.) Merr.                            | Soybean                | Immature and sprouted seed  |
| <i>Lablab purpureus</i> (L.) Sweet.                      | Hyacinth bean          | Immature seed               |
| <i>Lathyrus sativus</i> L.                               | Chickling pea          | Immature pod/seed           |
| <i>Lathyrus tuberosus</i> L.                             | Groundnut              | Tuber                       |
| <i>Lens culinaris</i> Medikus                            | Lentil                 | Immature pod, sprouted seed |
| <i>Lupinus</i> spp.                                      | Lupin                  | Seed                        |
| <i>Macrotyloma geocarpum</i> (Harms) Marechal and Baudet | Hausa groundnut        | Seed                        |
| <i>Macrotyloma uniflorum</i> (Lam.) Verdc.               | Horse gram             | Seed                        |

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES (*Continued*)

| Botanical Name                                                    | Common Name                 | Edible Plant Part                |
|-------------------------------------------------------------------|-----------------------------|----------------------------------|
| <i>Medicago sativa</i> L.                                         | Alfalfa, lucerne            | Leaf, young shoot, sprouted seed |
| <i>Mucuna pruriens</i> (L.) DC.                                   | Buffalo bean, velvet bean   | Seed                             |
| <i>Neptunia aleracea</i> Lour.                                    | Water mimosa                | Leaf and tender shoot            |
| <i>Pachyrhizus ahipa</i> (Wedd.) Parodi                           | Yam bean                    | Root                             |
| <i>Pachyrhizus erosus</i> (L.) Urban                              | Jicama, Mexican yam bean    | Root, immature pod, and seed     |
| <i>Pachyrhizus tuberosus</i> (Lam.) Sprengel                      | Potato bean                 | Root and immature pod            |
| <i>Phaseolus acutifolius</i> A. Gray                              | Tepary bean                 | Seed, immature pod               |
| <i>Phaseolus coccineus</i> L.                                     | Scarlet runner bean         | Immature pod and seed            |
| <i>Phaseolus lunatus</i> L.                                       | Lima bean                   | Immature seed, mature seed       |
| <i>Phaseolus vulgaris</i> L.                                      | Garden bean, snap bean      | Immature pod and seed            |
| <i>Pisum sativum</i> L. ssp. <i>sativum</i>                       | Pea, garden pea             | Immature seed, tender shoot      |
| <i>Pisum sativum</i> L. ssp. <i>sativum</i> f. <i>macrocarpon</i> | Snow pea, edible-podded pea | Immature pod                     |
| <i>Psophocarpus tetragonolobus</i> (L.) DC.                       | Goa bean, winged bean       | Immature pod, seed, leaf, root   |

|                                                                                        |                                   |                                   |
|----------------------------------------------------------------------------------------|-----------------------------------|-----------------------------------|
| <i>Pueraria lobata</i> (Willd.) Ohwi                                                   | Kudzu                             | Root, leaf, tender shoot          |
| <i>Sphenostylis stenocarpa</i> (Hochst. ex. A. Rich.) Harms.                           | African yam bean                  | Tuber and seed                    |
| <i>Tetragonolobus purpureus</i> Moench                                                 | Asparagus pea, winged pea         | Immature pod                      |
| <i>Trigonella foenum-graecum</i> L.                                                    | Fenugreek                         | Leaf, tender shoot, immature pod  |
| <i>Vicia faba</i> L.                                                                   | Fava bean, broad bean, horse bean | Immature seed                     |
| <i>Vigna aconitifolia</i> (Jacq.) Maréchal                                             | Moth bean                         | Immature pod and seed             |
| <i>Vigna angularis</i> (Willd.) Ohwi & Ohashi                                          | Adzuki bean                       | Seed                              |
| <i>Vigna mungo</i> (L.) Hepper                                                         | Black gram, urd                   | Immature pod and seed             |
| <i>Vigna radiata</i> (L.) Wilcz.                                                       | Mung bean                         | Immature pod, sprouted seed, seed |
| <i>Vigna subterranea</i> (L.) Verdn.                                                   | Madagascar groundnut              | Immature/mature seed              |
| <i>Vigna umbellata</i> (Thunb.) Ohwi & Ohashi                                          | Rice bean                         | Seed                              |
| <i>Vigna unguiculata</i> (L.) Walp. subsp. <i>cylindrica</i> (L.) Van Eselt. ex Verdn. | Catjang                           | Immature pod and seed             |
| <i>Vigna unguiculata</i> (L.) Walp. subsp. <i>sesquipedalis</i> (L.)                   | Asparagus bean, yard-long bean    | Immature pod and seed             |
| <i>Vigna unguiculata</i> (L.) Walp. subsp. <i>unguiculata</i> (L.)                     | Southern pea, cowpea              | Immature pod and seed             |
| Gnetaceae                                                                              | GNETUM FAMILY                     |                                   |
| <i>Gnetum gnemon</i> L.                                                                | Bucko                             | Leaf, tender shoot and fruit      |
| Haloragaceae                                                                           | WATER MILFOIL FAMILY              |                                   |

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES (*Continued*)

| Botanical Name                                                          | Common Name                           | Edible Plant Part                 |
|-------------------------------------------------------------------------|---------------------------------------|-----------------------------------|
| <i>Myriophyllum aquaticum</i> (Vellozo) Verdc.                          | Parrot's feather                      | Shoot tip                         |
| Iacinaceae                                                              | ICACINA FAMILY                        |                                   |
| <i>Icacina senegalensis</i> A. Juss.                                    | False yam                             | Tuber                             |
| Lamiaceae                                                               | MINT FAMILY                           |                                   |
| <i>Lycopus lucidus</i> Turcz.                                           | Shiny bugleweed                       | Rhizome                           |
| <i>Mentha pulegium</i> L.                                               | Pennyroyal mint                       | Leaf                              |
| <i>Mentha spicata</i> L. em. Harley                                     | Spearmint                             | Leaf and inflorescence            |
| <i>Ocimum basilicum</i> L.                                              | Common basil, sweet basil             | Leaf                              |
| <i>Ocimum canum</i> Sims.                                               | Hoary basil                           | Young leaves                      |
| <i>Origanum vulgare</i> L.                                              | Marjoram                              | Flowering plant and inflorescence |
| <i>Perilla frutescens</i> (L.) Britt. var. <i>crispa</i> (Thunb.) Deane | Perilla                               | Leaf and seed                     |
| <i>Plectranthus esculentus</i> N.E. Br.                                 | Kaffir potato                         | Tuber                             |
| <i>Satureja hortensis</i> L.                                            | Savory, summer savory                 | Leaf and young shoot              |
| <i>Solenostemon rotundifolius</i> (Poir.) J. K. Morton                  | Hausa potato                          | Tuber                             |
| <i>Stachys affinis</i> Bunge                                            | Japanese artichoke, Chinese artichoke | Tuber                             |
| Malvaceae                                                               | MALLOW FAMILY                         |                                   |
| <i>Abelmoschus esculentus</i> (L.) Moench                               | Okra, gumbo                           | Immature fruit                    |
| <i>Abelmoschus manihot</i> (L.) Medikus                                 | Hibiscus root                         | Leaf and tender shoot             |

|                                                  |                         |                             |
|--------------------------------------------------|-------------------------|-----------------------------|
| <i>Hibiscus acetosella</i> Wel. ex Hiern         | False roselle           | Young leaf and shoot        |
| <i>Hibiscus sabdariffa</i> L.                    | Jamaican sorrel         | Calyx and leaf              |
| <i>Malva rotundifolia</i> L.                     | Mallow                  | Leaf and young shoot        |
| Moraceae                                         | MULBERRY FAMILY         |                             |
| <i>Humulus lupulus</i> L.                        | Hops                    | Tender shoot                |
| Nelumbonaceae                                    | LOTUS FAMILY            |                             |
| <i>Nelumbo nucifera</i> Gaertn.                  | Lotus root              | Rhizome, leaf, seed         |
| Nyctaginaceae                                    | FOUR O'CLOCK FAMILY     | Seed                        |
| <i>Mirabilis expansa</i> (Ruiz & Paron) Standley | Mauka                   | Tuber                       |
| Nymphaeaceae                                     | WATER LILY FAMILY       |                             |
| <i>Euryale ferox</i> Salisb.                     | Foxnut                  | Seed, tender shoot, root    |
| <i>Nymphaea nouchali</i> Burm. f.                | Water lily              | Rhizome, flower stalk, seed |
| Onagraceae                                       | EVENING PRIMROSE FAMILY |                             |
| <i>Oenothera biennis</i> L.                      | Evening primrose        | Leaf and tender shoot       |
| Orobanchaceae                                    | BROOMRAPE FAMILY        |                             |
| <i>Orobancha crenata</i> Forsskal.               | Broomrape               | Shoot                       |
| Oxalidaceae                                      | OXALIS FAMILY           |                             |
| <i>Oxalis tuberosa</i> Molina                    | Oka, oca                | Tuber                       |
| Passifloraceae                                   | PASSION FLOWER FAMILY   |                             |
| <i>Passiflora biflora</i> Lam.                   | Passion flower          | Shoot, young leaf, flower   |
| Pedaliaceae                                      | PEDALIUM FAMILY         |                             |
| <i>Sesamum radiatum</i> Schum. ex Thonn.         | Gogoro                  | Young shoot                 |
| Phytolaccaceae                                   | POKEWEED FAMILY         |                             |

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES (Continued)

| Botanical Name                                        | Common Name                      | Edible Plant Part    |
|-------------------------------------------------------|----------------------------------|----------------------|
| <i>Phytolacca acinosa</i> Roxb.                       | Indian poke                      | Leaf and young shoot |
| <i>Phytolacca americana</i> L.                        | Poke                             | Leaf and young shoot |
| <i>Phytolacca esculenta</i> Van Houtte                | Pokeweed                         | Leaf and young shoot |
| <i>Phytolacca octandra</i> L.                         | Inkweed                          | Leaf and young shoot |
| Plantaginaceae                                        | PLAINTAIN FAMILY                 |                      |
| <i>Plantago coronopus</i> L. var. <i>sativa</i> Fiori | Buckshorn plantain               | Leaf                 |
| Polygonaceae                                          | BUCKWHEAT FAMILY                 |                      |
| <i>Rheum rhabarbarum</i> L.                           | Rhubarb, pieplant                | Petiole              |
| <i>Rumex acetosa</i> L.                               | Sorrel                           | Leaf                 |
| <i>Rumex patientia</i> L.                             | Dock                             | Leaf                 |
| <i>Rumex scutatus</i> L.                              | French sorrel                    | Leaf                 |
| Portulacaceae                                         | PURSLANE FAMILY                  |                      |
| <i>Montia perfoliata</i> (Donn. ex Willd.) Howell     | Winter purslane, miner's lettuce | Leaf                 |
| <i>Portulaca oleracea</i> L.                          | Purslane                         | Leaf and young shoot |
| <i>Talinum paniculatum</i> (Jacq.) Gaertn.            | Flameflower                      | Young shoot          |
| <i>Talinum triangulare</i> (Jacq.) Willd.             | Waterleaf, Suraim spinach        | Leaf                 |
| Resedaceae                                            | MIGNONETTE FAMILY                |                      |
| <i>Reseda odorata</i> L.                              | Mignonette                       | Leaf and flower      |
| Rosaceae                                              | ROSE FAMILY                      |                      |
| <i>Fragaria</i> × <i>Ananassa</i> Duchesne.           | Strawberry                       | Fruit                |
| Saururaceae                                           | LIZARD'S-TAIL FAMILY             |                      |
| <i>Houttuynia cordata</i> Thunb.                      | Saururis, tsi                    | Leaf                 |

# Solanaceae

*Capsicum annuum* L. Grossum group  
*Capsicum annuum* L. Longum group  
*Capsicum baccatum* L. var. *baccatum*  
*Capsicum chinense* Jacq.

*Capsicum frutescens* L.  
*Capsicum pubescens* Ruiz & Pavon  
*Cyphomandra betacea* (Cav.) Sendtner  
*Lycium chinense* Mill.  
*Lycopersicon esculentum* Mill.  
*Lycopersicon pimpinellifolium* (L.) Mill.  
*Physalis alkekengi* L.  
*Physalis ixocarpa* Brot. ex Hornem.  
*Physalis peruviana* L.  
*Solanum aethiopicum* L.  
*Solanum americanum* Mill.

*Solanum gilo* Raddi  
*Solanum incanum* L.  
*Solanum integrifolium* Poir.

*Solanum macrocarpon* L.  
*Solanum melongena* L.  
*Solanum muricatum* Ait.  
*Solanum nigrum* L.

*Solanum quitoense* Lam.  
*Solanum torvum* Swartz

# NIGHTSHADE FAMILY

Bell pepper  
 Cayenne pepper, chile pepper  
 Small pepper  
 Scotch bonnet pepper,  
 habanero pepper  
 Tabasco pepper  
 Rocoto  
 Tamarillo, tree tomato  
 Boxthorn  
 Tomato  
 Currant tomato  
 Chinese lantern plant  
 Tomatillo  
 Cape gooseberry  
 Golden apple  
 American black nightshade

Gilo, jilo  
 Garden egg  
 Scarlet eggplant, tomato  
 eggplant

African eggplant  
 Eggplant, aubergine  
 Pepino, sweet pepino  
 Black nightshade

Naranjillo  
 Pea eggplant

Fruit  
 Mature fruit  
 Fruit  
 Fruit  
 Fruit  
 Fruit  
 Fruit  
 Ripe fruit  
 Leaf  
 Ripe fruit  
 Ripe fruit  
 Ripe fruit  
 Ripe fruit  
 Unripe fruit  
 Ripe fruit  
 Fruit and leaf  
 Tender shoot, leaf,  
 unripe fruit  
 Young shoot  
 Unripe fruit  
 Immature fruit  
 Leaf and fruit  
 Immature fruit  
 Ripe fruit  
 Mature fruit, leaf,  
 tender shoot  
 Ripe fruit  
 Tender shoot,  
 immature fruit

TABLE 1.1. BOTANICAL NAMES, COMMON NAMES, AND EDIBLE PARTS OF PLANTS USED AS VEGETABLES (*Continued*)

| Botanical Name                                         | Common Name           | Edible Plant Part     |
|--------------------------------------------------------|-----------------------|-----------------------|
| <i>Solanum tuberosum</i> L.                            | Potato                | Tuber                 |
| Tiliaceae                                              | BASSWOOD FAMILY       |                       |
| <i>Corchorus olitorius</i> L.                          | Jew's marrow          | Leaf and tender shoot |
| Trapaceae                                              | WATER CHESTNUT FAMILY |                       |
| <i>Trapa bicornis</i> Osbeck                           | Water chestnut        | Seed                  |
| <i>Trapa natans</i> L.                                 | Water chestnut        | Seed                  |
| Tropacolaceae                                          | NASTURTIUM FAMILY     |                       |
| <i>Tropaeolum majus</i> L.                             | Nasturtium            | Leaf, flower          |
| <i>Tropaeolum tuberosum</i> Ruiz & Pavon               | Tuberous nasturtium   | Tuber                 |
| Urticaceae                                             | NETTLE FAMILY         |                       |
| <i>Pilea glaberrima</i> (Blume) Blume                  | Pilea                 | Leaf                  |
| <i>Pilea trinervia</i> Wight                           | Pilea                 | Leaf                  |
| <i>Urtica dioica</i> L.                                | Stinging nettle       | Leaf                  |
| Valerianaceae                                          | VALERIAN FAMILY       |                       |
| <i>Valerianella eriocarpa</i> Desv.                    | Italian corn-salad    | Leaf                  |
| <i>Valerianella locusta</i> (L.) Laterrade em. Betteke | European corn-salad   | Leaf                  |
| Violaceae                                              | VIOLET FAMILY         |                       |
| <i>Viola tricolor</i> L.                               | Violet, pansy         | Flower, leaf          |
| Vitaceae                                               | GRAPE FAMILY          |                       |
| <i>Cissus javana</i> DC.                               | Kangaroo vine         | Leaf, young shoot     |

Adapted from S.J. Kays and J.C. Silva Dias, *Cultivated Vegetables of the World* (Athens, Ga.: Exon, 1996). Used with permission.



**TABLE 1.2. NAMES OF COMMON VEGETABLES IN NINE LANGUAGES**

| English             | Danish       | Dutch        | French               | German               | Italian                | Portuguese                    | Spanish              | Swedish       |
|---------------------|--------------|--------------|----------------------|----------------------|------------------------|-------------------------------|----------------------|---------------|
| Artichoke           | artiskok     | artisjok     | artichaut            | Artischocke          | carciofo               | alcachofra                    | alcachofa            | kronärtskoeka |
| Asparagus           | asparges     | asperge      | asperge              | Spargel              | asparago               | espargo                       | espárrago            | sparris       |
| Broad bean          | hestebønne   | tuinboon     | feve                 | Puffbohne            | fava<br>maggiore       | fava                          | haba                 | bondböna      |
| Snap bean           | bønne        | boon         | haricot              | Bohne                | fagiolino              | feijão                        | judia                | böna          |
| Beet                | rødbede      | kroot        | betterave            | Rote Rübe            | bietola da<br>orta     | beterraba<br>de mesa          | betabol              | rødbeta       |
| Broccoli            | broccoli     | brocoli      | chou-<br>rouge       | Brokkoli             | cavolo<br>broccolo     | bróculo                       | bróculi              | broccoli      |
| Brussels<br>sprouts | rosenkål     | spruitkool   | chou de<br>Bruxelles | Rosenkohl            | cavolo di<br>Bruxelles | couve de<br>Bruxelas          | col de<br>Bruselas   | brysselkål    |
| Cabbage             | kål          | kool         | chou                 | Kohl                 | cavolo                 | couve                         | col                  | kål           |
| Carrot              | karotte      | peen         | carotte              | Karotte              | carota                 | cenoura                       | zanahoria            | morot         |
| Cauliflower         | blomkål      | bloemkool    | chou-fleur           | Blumenkohl           | cavolfiore             | courve-flor                   | coliflor             | blomkål       |
| Celery              | selleri      | selderij     | céleri               | Schnittselleri       | sedano da<br>erbucci   | aipo                          | apio                 | selleri       |
| Celery              | knoldselleri | knolselderij | céleri-rave          | Knollensellerie      | sedano                 | aipo de                       | apio nabo            | rotselleri    |
| Chicory             | cikorie      | cichorei     | chicoree             | Zichorienwurzel      | rapa<br>cicoria        | cabega<br>chicoria do<br>café | achicoria<br>de raiz | cikoria       |
| Chinese<br>cabbage  | kinesisk kål | Chinese kool | chou de<br>Chine     | Chinesischer<br>Kohl | cavolo<br>cinese       | couve da<br>China             | col de<br>China      | Salladkål     |
| Sweet corn          | sukkermais   | suikermais   | mais sucré           | Zuckermais           | mais dolce             | milho doce                    | maiz dulce           | sockermais    |

TABLE 1.2. NAMES OF COMMON VEGETABLES IN NINE LANGUAGES (*Continued*)

| English     | Danish     | Dutch             | French             | German      | Italian                      | Portuguese                 | Spanish        | Swedish       |
|-------------|------------|-------------------|--------------------|-------------|------------------------------|----------------------------|----------------|---------------|
| Cucumber    | agurk      | komkommer         | concombre          | Gurke       | cetriolino                   | pepino                     | pepino         | gurka         |
| Eggplant    | aegplante  | aubergine         | aubergine          | Aubergine   | melanzana                    | beringela                  | berenjena      | ägplanta      |
| Endive      | endvie     | andjvie           | chicorée<br>frisée | Endivie     | indivia                      | chicoria                   | escarola       | endiviesallat |
| Horseradish | peberrod   | mierikswortel     | raifort            | Meerrettich | barbafonte                   | rabano                     | rábana         | pepparrot     |
| Kale        | grønkål    | boerekool         | chou vert          | Gruinkohl   | cavolo a<br>foglia<br>riccia | couve<br>galega<br>frizada | berza<br>enana | grønkål       |
| Kohlrabi    | knudekål   | koolrabi          | chou-rave          | Kohlrabi    | cavolo-rapa                  | couve-<br>rabano           | colirrábano    | kálrabbi      |
| Leek        | porre      | prei              | poireau            | Porree      | porro                        | alho porro                 | puerro         | purjolök      |
| Lettuce     | salat      | sla               | laitue             | Salat       | lattuga                      | alface                     | lechuga        | sallad        |
| Melon       | melon      | meloen            | melon              | Melone      | popone                       | melão                      | melón          | melon         |
| Onion       | løg        | ui                | ognon              | Zwiebel     | cipolla                      | cebola                     | cebolla        | lök           |
| Parsley     | persille   | peterselie        | persil             | Petersilie  | prezzemola                   | salsa                      | perejil        | persilja      |
| Parsnip     | pastinak   | pastinaak         | panais             | Pastinake   | comune                       | frisada                    |                |               |
| Pea         | haveaert   | pastinaak<br>erwt | pois               | Erbse       | pastinaca                    | pastinaca                  | chircivía      | pasternacka   |
| Pepper      | peberfrugt | paprika           | poivron            | Paprika     | pisello                      | ervilha                    | guisante       | ärt           |
| Potato      | kartoffel  | aardappel         | pomme de<br>terre  | Kartoffel   | peperone<br>dolce            | pimento                    | pimentus       | paprika       |
|             |            |                   |                    |             | patata                       | batata                     | patata         | potatis       |

|               |                 |                |             |               |                  |                  |                |             |
|---------------|-----------------|----------------|-------------|---------------|------------------|------------------|----------------|-------------|
| Pumpkin       | centnergraeskar | reuzenpompoen  | potiron     | Zentnerkürbis | zucca            | abóbora          | calabaza       | jättepumpa  |
| Radish        | radis           | radijs         | radis       | Radies        | gigante          | rabanete         | grande         |             |
| Rhubarb       | rabarber        | rabarber       | rhubarbe    | Rhabarber     | ravanello        | ruibarbo         | rábano         | rädisa      |
| Rutabaga      | kálrabi         | koolraap       | chou-navet  | Kohlrübe      | navone           | rutabaga         | ruibarbo       | rabarber    |
| Spinach       | spinat          | spinazie       | épinard     | Spinat        | spinaci          | espinafre        | colinabo       | kálrot      |
| New Zealand   | nyzeelandsk     | Nieuwzeelandse | tetragone   | Neuseeländsk  | spinacio di      | espinafre        | espinaca       | spenat      |
| spinach       | spinat          | spinazie       |             | Spinat        | Nuova Zelanda    | da Nova Zelândia | Nueva Zelândia | nyzeeländsk |
| Strawberry    | jordbaer        | aardbei        | fraise      | Erdbeere      | fragola          | morango          | fresa          | spenat      |
| Summer squash | mandelgraeskavr | pompoen        | citrouelle  | Garten        | zucca            | abóbora          | cababaza       | jordgubbe   |
| Swiss chard   | bladbede        | snijbiet       | poirée      | Mangold       | bietola da costa | porquiera        | acelga         | matpumpa    |
| Tomato        | tomat           | tomaat         | tomate      | Tomate        | pomodoro         | acelga           | acelga         | mangold     |
| Turnip        | majroe          | meiraap        | navet       | Mairübe       | rapa             | tomate           | tomate         | tomat       |
|               |                 |                |             |               | bianca           | nabo             | nabo-colza     | rova        |
| Watermelon    | vandmelon       | watermelon     | melon d'eau | Wassermelone  | melore d'acqua   | melancia         | sandia         | vattenmelon |

Adapted from P. J. Stadholders (chief ed.), *Elsevier's Dictionary of Horticultural and Agricultural Plant Production* (New York: Elsevier Science, 1990). Used with permission.

## EDIBLE FLOWERS

TABLE 1.3. BOTANICAL NAMES, COMMON NAMES, FLOWER COLOR, AND TASTE OF SOME EDIBLE FLOWERS

Cautions:

- Proper identification of edible flowers is necessary.
- Edible flowers should be pesticide free.
- Flowers of plants treated with fresh manure should not be used.
- Introduce new flowers into the diet slowly so possible allergic reactions can be identified.

| Botanical Name                              | Common Name                   | Flower Color                        | Taste                      |
|---------------------------------------------|-------------------------------|-------------------------------------|----------------------------|
| Agavaceae                                   |                               |                                     |                            |
| <i>Yucca filamentosa</i> L.                 | CENTURY PLANT FAMILY<br>Yucca | Creamy white with<br>purple tinge   | Slightly bitter            |
| Allicaceae                                  |                               |                                     |                            |
| <i>Allium schoenoprasum</i> L.              | ONION FAMILY<br>Chive         | Lavender                            | Onion, strong              |
| <i>Allium tuberosum</i> Rottl. ex. Sprengel | Chinese chive                 | White                               | Onion, strong              |
| <i>Tulbaghia violacea</i> Harv.             | Society garlic                | Lilac                               | Onion                      |
| Apiaceae                                    | CARROT FAMILY                 |                                     |                            |
| <i>Anethum graveolens</i> L.                | Dill                          | Yellow                              | Stronger than leaves       |
| <i>Anthriscus cerefolium</i> (L.) Hoffm.    | Chervil                       | White, pink, yellow,<br>red, orange | Parsley                    |
| <i>Coriandrum sativum</i> L.                | Coriander                     | White                               | Milder than leaf           |
| <i>Foeniculum vulgare</i> Mill.             | Fennel                        | Pale yellow                         | Licorice, milder than leaf |

|                                           |                        |                             |                                      |
|-------------------------------------------|------------------------|-----------------------------|--------------------------------------|
| Asteraceae                                |                        | SUNFLOWER FAMILY            |                                      |
| <i>Bellis perennis</i> L.                 | English daisy          | White to purple petals      | Mild to bitter                       |
| <i>Calendula officinalis</i> L.           | Calendula              | Yellow, gold, orange        | Tangy and peppery                    |
| <i>Carthamus tinctorius</i> L.            | Safflower              | Yellow to deep red          | Bitter                               |
| <i>Chamaemelum nobile</i> Mill.           | English chamomile      | White petals, yellow center | Sweet apple                          |
| <i>Chrysanthemum coronarium</i> L.        | Garland chrysanthemum  | Yellow to white             | Mild                                 |
| <i>Chicorium intybus</i> L.               | Chicory                | Blue to lavender            | Similar to endive                    |
| <i>Dendranthema × grandifolium</i> Kitam. | Chrysanthemum          | Various                     | Strong to bitter                     |
| <i>Leucanthemum vulgare</i> Lam.          | Oxeye daisy            | White, yellow center        | Mild                                 |
| <i>Tagetes erecta</i> L.                  | African marigold       | White, gold                 | Variable, mild to bitter             |
| <i>Tageto tenuifolia</i> Cav.             | Signet marigold        | White, gold, yellow, red    | Citrus, milder than <i>T. erecta</i> |
| <i>Taraxicum officinale</i> L.            | Dandelion              | Yellow                      | Bitter                               |
| Begoniaceae                               | BEGONIA FAMILY         | Various                     | Citrus                               |
| <i>Begonia tuberhybrida</i>               | Tuberous begonia       | Blue, purple, lavender      | Cucumber                             |
| Boraginaceae                              | BORAGE FAMILY          | Yellow                      | Tangy to hot                         |
| <i>Borago officinalis</i> L.              | Borage                 | White                       | Nutty, smoky                         |
| Brassicaceae                              | MUSTARD FAMILY         | White, pink                 | Spicy                                |
| <i>Brassica</i> spp.                      | Mustard                | Pink, white, red            | Spicy, cloves                        |
| <i>Brucella vesicaria</i> Mill.           | Arugula                | Yellow                      | Mild, raw squash                     |
| <i>Raphanus sativus</i> L.                | Radish                 | Yellow                      |                                      |
| Caryophyllaceae                           | PINK FAMILY            |                             |                                      |
| <i>Dianthus</i> spp.                      | Pinks                  |                             |                                      |
| Cucurbitaceae                             | GOURD FAMILY           |                             |                                      |
| <i>Cucurbita pepo</i> L.                  | Summer squash, pumpkin |                             |                                      |

**TABLE 1.3. BOTANICAL NAMES, COMMON NAMES, FLOWER COLOR, AND TASTE OF SOME EDIBLE FLOWERS (Continued)**

| Botanical Name                      | Common Name            | Flower Color                  | Taste                                          |
|-------------------------------------|------------------------|-------------------------------|------------------------------------------------|
| <b>Fabaceae</b>                     | <b>PEA FAMILY</b>      |                               |                                                |
| <i>Cercis canadensis</i> L.         | Redbud                 | Pink                          | Bean-like to tart apple                        |
| <i>Phaseolus coccineus</i> L.       | Scarlet runner bean    | Bright orange to scarlet      | Mild raw bean                                  |
| <i>Pisum sativum</i> L.             | Garden pea             | White, tinged pink            | Raw pea                                        |
| <i>Trifolium pretense</i> L.        | Red clover             | Pink, lilac                   | Hay                                            |
| <b>Geraniaceae</b>                  | <b>GERANIUM FAMILY</b> |                               |                                                |
| <i>Pelargonium</i> spp. L'Hérit     | Scented geraniums      | White, red, pink, purple      | Various, e.g., apple, lemon, rose, spice, etc. |
| <b>Iridaceae</b>                    | <b>IRIS FAMILY</b>     |                               |                                                |
| <i>Gladiolus</i> spp. L.            | Gladiolus              | Various                       | Mediocre                                       |
| <b>Lamiaceae</b>                    | <b>MINT FAMILY</b>     |                               |                                                |
| <i>Hyssopus officinalis</i> L.      | Hyssop                 | Blue, pink, white             | Bitter, similar to tonic                       |
| <i>Lavandula angustifolia</i> Mill. | Lavender               | Lavender, purple, pink, white | Highly perfumed                                |
| <i>Melissa officinalis</i> L.       | Lemon balm             | Creamy white                  | Lemony, sweet                                  |
| <i>Mentha</i> spp. L.               | Mint                   | Lavender, pink, white         | Minty                                          |
| <i>Monarda didyma</i> L.            | Bee balm               | Red, pink, white, lavender    | Tea-like                                       |
| <i>Ocimum basilicum</i> L.          | Basil                  | White to pale pink            | Spicy                                          |
| <i>Origanum vulgare</i> L.          | Oregano                | White                         | Spicy, pungent                                 |
| <i>Origanum majorana</i> L.         | Marjoram               | Pale pink                     | Spicy, sweet                                   |

|                                            |                 |                            |                                    |
|--------------------------------------------|-----------------|----------------------------|------------------------------------|
| <i>Rosmarinus officinalis</i> L.           | Rosemary        | Blue, pink, white          | Mild rosemary                      |
| <i>Salvia rutilans</i> Carr.               | Pineapple sage  | Scarlet                    | Pineapple/sage overtones           |
| <i>Salvia officinalis</i> L.               | Sage            | Blue, purple, white, pink  | Flowery sage                       |
| <i>Satureja hortensis</i> L.               | Summer savory   | Pink                       | Mildly peppery, spicy              |
| <i>Satureja montana</i> L.                 | Winter savory   | Pale blue to purple        | Mildly peppery, spicy              |
| <i>Thymus</i> spp. L.                      | Thyme           | Pink, purple, white        | Milder than leaves                 |
| Liliaceae                                  | LILY FAMILY     |                            |                                    |
| <i>Hemerocallis fulva</i> L.               | Daylily         | Tawny orange               | Cooked asparagus/zucchini          |
| <i>Muscari neglectum</i> Guss. ex Ten      | Grape hyacinth  |                            |                                    |
| <i>Tulipa</i> spp. L.                      | Tulip           | Pink, blue                 | Grapey                             |
| Malvaceae                                  | MALV FAMILY     | Various                    | Slightly sweet or bitter           |
| <i>Abelmoschus esculentus</i> (L.) Moench. | Okra            | Yellow, red                | Mild, sweet, slightly mucilaginous |
| <i>Alcea rosa</i> L.                       | Hollyhock       | Various                    | Slightly bitter                    |
| <i>Hibiscus rosa-sinensis</i> L.           | Hibiscus        | Orange, red, purple        | Citrus, cranberry                  |
| <i>Hibiscus syriacus</i> L.                | Rose of Sharon  | Red, white, purple, violet | Mild, nutty                        |
| Myrtaceae                                  | MYRTLE FAMILY   |                            |                                    |
| <i>Acca sellowiana</i> O. Berg             | Pineapple guava | White to deep pink         | Papaya or exotic melon             |
| Oleaceae                                   | OLIVE FAMILY    |                            |                                    |
| <i>Syringa vulgaris</i> L.                 | Lilac           | White, pink, purple, lilac | Perfume, slightly bitter           |
| Papaveraceae                               | POPPY FAMILY    |                            |                                    |
| <i>Sanguisorba minor</i> Soep.             | Burnet          | Red                        | Cucumber                           |
| Rosaceae                                   | ROSE FAMILY     |                            |                                    |

TABLE 1.3. BOTANICAL NAMES, COMMON NAMES, FLOWER COLOR, AND TASTE OF SOME EDIBLE FLOWERS (*Continued*)

| Botanical Name                      | Common Name       | Flower Color          | Taste                   |
|-------------------------------------|-------------------|-----------------------|-------------------------|
| <i>Malus</i> spp. Mill.             | Apple, crabapple  | White to pink         | Slightly floral to sour |
| Rubiaceae                           | MADDER FAMILY     |                       |                         |
| <i>Galium odoratum</i> (L.) Scop.   | Sweet woodruff    | White                 | Sweet, grassy, vanilla  |
| Rutaceae                            | RUE FAMILY        |                       |                         |
| <i>Citrus limon</i> (L.) Burm.      | Lemon             | White                 | Citrus, slightly bitter |
| <i>Citrus sinensis</i> (L.) Osbeck. | Orange            | White                 | Citrus, sweet/strong    |
| Tropaeolaceae                       | NASTURTIUM FAMILY |                       |                         |
| <i>Tropaeolum majus</i> L.          | Nasturtium        | Variable              | Watercress, peppery     |
| Violaceae                           | VIOLET FAMILY     |                       |                         |
| <i>Viola odorata</i> L.             | Violet            | Violet, pink, white   | Sweet                   |
| <i>Viola × witrockiana</i> Gams.    | Pansy             | Various, multicolored | Stronger than violets   |
| <i>Viola tricolor</i> L.            | Johnny-jump-up    | Violet, white, yellow | Stronger than violets   |

Adapted from K.B. Badertsher and S.E. Newman, *Edible Flowers* (Colorado Cooperative Extension), <http://www.ext.colostate.edu/pubs/garden/07237.html>.  
 Useful reference: Jeanne Mackin, *Cornell Book of Herbs and Edible Flowers* (Ithaca, N.Y.: Cornell Cooperative Extension).



**03**  
**U.S. VEGETABLE PRODUCTION**

**TABLE 1.4. U.S. VEGETABLE PRODUCTION STATISTICS:  
LEADING FRESH MARKET VEGETABLE STATES, 2004<sup>1</sup>**

| Rank | Harvested Acreage |               | Production |               | Value      |               |
|------|-------------------|---------------|------------|---------------|------------|---------------|
|      | State             | % of<br>Total | State      | % of<br>Total | State      | % of<br>Total |
| 1    | California        | 43.4          | California | 48.8          | California | 52.9          |
| 2    | Florida           | 9.5           | Florida    | 9.1           | Florida    | 11.8          |
| 3    | Georgia           | 7.0           | Arizona    | 8.4           | Arizona    | 8.7           |
| 4    | Arizona           | 6.7           | Georgia    | 4.5           | Georgia    | 3.9           |
| 5    | New York          | 4.0           | Texas      | 3.7           | Texas      | 3.5           |

Adapted from *Vegetables, 2004 Summary* (USDA, National Agricultural Statistics Service Vg 1-2, 2005), <http://jan.mannlib.cornell.edu/reports/nassr/fruit/pvg-bban/vgan0105.pdf>.

<sup>1</sup>Includes data for artichoke, asparagus, \* lima bean, snap bean, broccoli, \* Brussels sprouts, cabbage, carrot, cauliflower, \* celery, cantaloupe, cucumber, eggplant, escarole/endive, garlic, honeydew melon, lettuce, onion, bell pepper, spinach, sweet corn, tomato, and watermelon.

\*Includes fresh market and processing.

**TABLE 1.5. IMPORTANT STATES IN THE PRODUCTION OF U.S. FRESH MARKET VEGETABLES BY CROP VALUE, 2004**

| Crop                     | First        | Second       | Third          |
|--------------------------|--------------|--------------|----------------|
| Artichoke <sup>1</sup>   | California   | —            | —              |
| Asparagus <sup>1</sup>   | California   | Washington   | Michigan       |
| Bean, snap               | Florida      | California   | Georgia        |
| Broccoli <sup>1</sup>    | California   | Arizona      | —              |
| Cabbage                  | California   | Texas        | New York       |
| Cantaloupe               | California   | Arizona      | Texas          |
| Carrot                   | California   | Texas        | Michigan       |
| Cauliflower <sup>1</sup> | California   | Arizona      | New York       |
| Celery                   | California   | Michigan     | —              |
| Cucumber                 | Florida      | Georgia      | California     |
| Garlic                   | California   | Oregon       | Nevada         |
| Honeydew melon           | California   | Arizona      | Texas          |
| Lettuce, head            | California   | Arizona      | Colorado       |
| Lettuce, leaf            | California   | Arizona      | —              |
| Lettuce, romaine         | California   | Arizona      | —              |
| Mushroom <sup>1</sup>    | Pennsylvania | California   | Florida        |
| Onion                    | California   | Texas        | Oregon         |
| Pepper, bell             | California   | Florida      | New Jersey     |
| Pepper, chile            | California   | New Mexico   | Texas          |
| Pumpkin                  | New York     | Pennsylvania | California     |
| Spinach                  | California   | Arizona      | Texas          |
| Squash                   | California   | Florida      | New York       |
| Strawberry               | California   | Florida      | North Carolina |
| Sweet corn               | California   | Florida      | New York       |
| Tomato                   | California   | Florida      | Texas          |
| Watermelon               | California   | Florida      | Texas          |

Adapted from *Vegetables, 2004 Summary* (USDA, National Agricultural Statistics Service Vg 1–2, 2005), <http://jan.mannlib.cornell.edu/reports/nassr/fruit/pvg-bban/vgan0105.pdf>.

<sup>1</sup>Includes fresh market and processing.

**TABLE 1.6. HARVESTED ACREAGE, PRODUCTION, AND VALUE OF U.S. FRESH MARKET VEGETABLES, 2002–2004 AVERAGE**

| Crop                       | Acres   | Production<br>(1000 cwt) | Value<br>(\$1000) |
|----------------------------|---------|--------------------------|-------------------|
| Artichoke <sup>1</sup>     | 7,633   | 925                      | 71,716            |
| Asparagus <sup>1</sup>     | 58,833  | 1,086                    | 176,870           |
| Bean, snap                 | 94,733  | 5,840                    | 277,141           |
| Broccoli <sup>1</sup>      | 133,300 | 19,520                   | 119,995           |
| Cabbage                    | 75,460  | 23,967                   | 316,398           |
| Cantaloupe                 | 88,583  | 21,608                   | 356,867           |
| Carrot                     | 85,400  | 26,577                   | 518,266           |
| Cauliflower <sup>1</sup>   | 40,533  | 6,612                    | 218,110           |
| Celery <sup>1</sup>        | 27,300  | 18,932                   | 260,904           |
| Cucumber                   | 55,357  | 10,005                   | 202,636           |
| Garlic <sup>1</sup>        | 33,133  | 5,705                    | 151,452           |
| Honeydew melon             | 23,100  | 5,133                    | 93,235            |
| Lettuce, head              | 185,400 | 78,785                   | 1,282,088         |
| Lettuce, leaf              | 55,100  | 13,461                   | 422,747           |
| Lettuce, romaine           | 72,000  | 22,649                   | 534,087           |
| Onion                      | 165,153 | 74,702                   | 870,217           |
| Pepper, bell <sup>1</sup>  | 54,167  | 16,196                   | 511,813           |
| Pepper, chile <sup>1</sup> | 29,700  | 4,223                    | 110,460           |
| Pumpkin <sup>1</sup>       | 41,657  | 8,878                    | 90,867            |
| Spinach                    | 36,393  | 5,543                    | 203,619           |
| Squash <sup>1</sup>        | 51,867  | 8,078                    | 207,571           |
| Strawberry <sup>1</sup>    | 49,200  | 20,847                   | 1,336,008         |
| Sweet corn                 | 246,243 | 28,031                   | 559,580           |
| Tomato                     | 125,707 | 37,094                   | 1,309,213         |
| Watermelon                 | 147,733 | 38,207                   | 328,342           |

Adapted from *Vegetables, 2004 Summary* (USDA, National Agricultural Statistics Service Vg 1–2, 2005), <http://jan.mannlib.cornell.edu/reports/nassr/fruit/pvg-bban/vgan0105.pdf>.

<sup>1</sup>Includes fresh market and processing.

**TABLE 1.7. AVERAGE U.S. YIELDS OF FRESH MARKET  
VEGETABLES, 2002–2004**

| Crop                       | Yield (cwt/acre) |
|----------------------------|------------------|
| Artichoke <sup>1</sup>     | 122              |
| Asparagus <sup>1</sup>     | 31               |
| Bean, snap                 | 62               |
| Broccoli <sup>1</sup>      | 146              |
| Cabbage                    | 317              |
| Cantaloupe                 | 244              |
| Carrot                     | 311              |
| Cauliflower <sup>1</sup>   | 163              |
| Celery <sup>1</sup>        | 693              |
| Cucumber                   | 181              |
| Garlic <sup>1</sup>        | 172              |
| Honeydew melon             | 223              |
| Lettuce, head              | 371              |
| Lettuce, leaf              | 244              |
| Lettuce, romaine           | 315              |
| Onion                      | 452              |
| Pepper, bell <sup>1</sup>  | 299              |
| Pepper, chile <sup>1</sup> | 142              |
| Pumpkin <sup>1</sup>       | 211              |
| Spinach                    | 152              |
| Squash <sup>1</sup>        | 156              |
| Strawberry <sup>1</sup>    | 423              |
| Sweet corn                 | 114              |
| Tomato                     | 295              |
| Watermelon                 | 259              |

Adapted from *Vegetables, 2004 Summary* (USDA, National Agricultural Statistics Service Vg 1–2, 2005), <http://jan.mannlib.cornell.edu/reports/nassr/fruit/pvg-bban/vgan0105.pdf>.

<sup>1</sup>Includes fresh market and processing.

**TABLE 1.8. LEADING U.S. PROCESSING VEGETABLE STATES, 2004<sup>1</sup>**

| Rank | Harvested Acreage |            | Production |            | Value      |            |
|------|-------------------|------------|------------|------------|------------|------------|
|      | State             | % of Total | State      | % of Total | State      | % of Total |
| 1    | California        | 24.1       | California | 67.8       | California | 51.2       |
| 2    | Minnesota         | 16.0       | Washington | 6.3        | Wisconsin  | 7.0        |
| 3    | Wisconsin         | 15.0       | Wisconsin  | 5.7        | Minnesota  | 6.9        |
| 4    | Washington        | 11.0       | Minnesota  | 5.7        | Washington | 6.8        |
| 5    | Oregon            | 5.0        | Oregon     | 2.4        | Michigan   | 4.1        |

Adapted from *Vegetables, 2004 Summary* (USDA, National Agricultural Statistics Service Vg 1-2, 2005), <http://jan.mannlib.cornell.edu/reports/nassr/fruit/pvg-bban/vgan0105.pdf>.

<sup>1</sup>Includes lima bean, snap bean, carrot, sweet corn, cucumber for pickles, pea, spinach, and tomato.

**TABLE 1.9. HARVESTED ACREAGE, PRODUCTION, AND VALUE OF U.S. PROCESSING VEGETABLES, 2002-2004 AVERAGE**

| Crop       | Acres   | Production (tons) | Value (\$1000) |
|------------|---------|-------------------|----------------|
| Bean, lima | 46,267  | 59,757            | 25,854         |
| Bean, snap | 196,600 | 781,630           | 122,141        |
| Carrot     | 15,770  | 426,300           | 32,081         |
| Cucumber   | 116,700 | 616,907           | 168,149        |
| Pea, green | 215,833 | 402,540           | 101,186        |
| Spinach    | 12,640  | 118,140           | 13,354         |
| Sweet corn | 416,500 | 3,100,640         | 217,495        |
| Tomato     | 302,247 | 11,252,313        | 658,516        |

Adapted from *Vegetables, 2004 Summary* (USDA, National Agricultural Statistics Service Vg 1-2, 2005), <http://jan.mannlib.cornell.edu/reports/nassr/fruit/pvg-bban/vgan0105.pdf>.

**TABLE 1.10. IMPORTANT STATES IN THE PRODUCTION OF U.S. PROCESSING VEGETABLES BY CROP VALUE, 2004**

| Crop       | First      | Second     | Third          |
|------------|------------|------------|----------------|
| Bean, snap | Wisconsin  | Oregon     | New York       |
| Carrot     | California | Washington | Wisconsin      |
| Cucumber   | Michigan   | Florida    | North Carolina |
| Pea, green | Minnesota  | Washington | Wisconsin      |
| Spinach    | California | —          | —              |
| Sweet corn | Minnesota  | Washington | Wisconsin      |
| Tomato     | California | Indiana    | Ohio           |

Adapted from *Vegetables, 2004 Summary* (USDA, National Agricultural Statistics Service Vg 1–2, 2005), <http://jan.mannlib.cornell.edu/reports/nassr/fruit/pvg-bban/vgan0105.pdf>.

**TABLE 1.11. AVERAGE U.S. YIELDS OF PROCESSING VEGETABLES, 2002–2004**

| Crop       | Yield<br>(tons/acre) |
|------------|----------------------|
| Bean, lima | 1.29                 |
| Bean, snap | 3.97                 |
| Carrot     | 27.02                |
| Cucumber   | 5.07                 |
| Pea, green | 1.86                 |
| Spinach    | 9.44                 |
| Sweet corn | 7.44                 |
| Tomato     | 37.20                |

Adapted from *Vegetables, 2004 Summary* (USDA, National Agricultural Statistics Service Vg 1–2, 2005), <http://jan.mannlib.cornell.edu/reports/nassr/fruit/pvg-bban/vgan0105.pdf>.

**TABLE 1.12. U.S. POTATO AND SWEET POTATO PRODUCTION STATISTICS: HARVESTED ACREAGE, YIELD, PRODUCTION, AND VALUE, 2002–2004 AVERAGE**

| Crop         | Acres     | Yield<br>(cwt/acre) | Production<br>(1000 cwt) | Value<br>(\$1000) |
|--------------|-----------|---------------------|--------------------------|-------------------|
| Potato       | 1,227,533 | 373                 | 457,449                  | 2,765,300         |
| Sweet Potato | 89,400    | 168                 | 15,029                   | 269,176           |

Adapted from *Vegetables and Melons Outlook VGS-307* (USDA Economic Research Service, 2005), <http://www.ers.usda.gov/publications/vgs/Feb05/vgs307.pdf>.

**TABLE 1.13. IMPORTANT U.S. STATES IN POTATO AND SWEET POTATO PRODUCTION BY CROP VALUE, 2003**

| Rank | Potato     | Sweet Potato   |
|------|------------|----------------|
| 1    | Idaho      | North Carolina |
| 2    | Washington | California     |
| 3    | California | Louisiana      |
| 4    | Wisconsin  | Mississippi    |
| 5    | Colorado   | Alabama        |

Adapted from *Vegetables and Melons Outlook VGS-307* (USDA Economic Research Service, 2005), <http://www.ers.usda.gov/publications/vgs/Feb05/vgs307.pdf>.

**TABLE 1.14. UTILIZATION OF THE U.S. POTATO CROP, 2001–2003  
AVERAGE**

| Item                              | Amount        |            |
|-----------------------------------|---------------|------------|
|                                   | 1000 cwt      | % of Total |
| A. Sales                          | 413,227       | 91         |
| 1. Table stock                    | 129,936       | 29         |
| 2. Processing                     | 256,808       | 57         |
| a. Chips                          | 52,825        | 12         |
| b. Dehydration                    | 46,845        | 10         |
| c. Frozen french fries            | 126,033       | 28         |
| d. Other frozen products          | 25,473        | 6          |
| e. Canned potatoes                | 4,651         | 1          |
| f. Starch and flour               | 981           | <1         |
| 3. Other sales                    | 26,483        | 6          |
| a. Livestock feed                 | 2,848         | <1         |
| b. Seed                           | 23,634        | 5          |
| B. Nonsales                       | 37,992        | 8          |
| 1. Seed used on farms where grown | 5,516         | 1          |
| 2. Shrinkage                      | <u>32,476</u> | 7          |
| Total production                  | 451,219       |            |

Adapted from *Vegetables and Melons Outlook VGS-307* (USDA Economic Research Service, 2005),  
<http://www.ers.usda.gov/publications/vgs/Feb05/vgs307.pdf>.



**04**  
**VEGETABLE CONSUMPTION**

**TABLE 1.15. TRENDS IN U.S. PER CAPITA CONSUMPTION OF VEGETABLES**

| Year | Amount (lb) <sup>1</sup> |           |       |
|------|--------------------------|-----------|-------|
|      | Fresh                    | Processed | Total |
| 1971 | 171                      | 189       | 360   |
| 1975 | 180                      | 187       | 367   |
| 1980 | 172                      | 184       | 356   |
| 1985 | 187                      | 198       | 385   |
| 1990 | 198                      | 212       | 410   |
| 1995 | 210                      | 223       | 433   |
| 2000 | 228                      | 222       | 450   |
| 2004 | 227                      | 219       | 446   |

Adapted from *Vegetables and Melons Outlook VGS-307* (USDA Economic Research Service, 2005),  
<http://www.ers.usda.gov/publications/vgs/Feb05/vgs307.pdf>.

<sup>1</sup> Fresh weight equivalent.

**TABLE 1.16. U.S. PER CAPITA CONSUMPTION OF  
COMMERCIALY PRODUCED VEGETABLES, 2004**

| Vegetable                | Amount (lb) |                   |        |                   |
|--------------------------|-------------|-------------------|--------|-------------------|
|                          | Fresh       | Canned            | Frozen | Total             |
| Artichoke, all           | —           | —                 | —      | 0.7               |
| Asparagus                | 1.1         | 0.2               | 0.10   | 1.4               |
| Bean, dry, all           | —           | —                 | —      | 6.7               |
| Bean, snap               | 2.1         | 3.5               | 1.9    | 7.4               |
| Broccoli                 | 5.8         | —                 | 2.4    | 8.2               |
| Cabbage                  | 7.9         | 1.1               | —      | 9.0               |
| Cantaloupe               | 11.0        | —                 | —      | 11.0              |
| Carrot                   | 8.4         | 1.5               | 1.7    | 11.5              |
| Cauliflower              | 1.7         | —                 | 0.5    | 2.2               |
| Celery                   | 6.2         | —                 | —      | 6.2               |
| Cucumber                 | 6.3         | 4.9               | —      | 11.2              |
| Eggplant, all            | —           | —                 | —      | 0.7               |
| Escarole/endive          | 0.2         | —                 | —      | 0.3               |
| Garlic, all              | —           | —                 | —      | 2.8               |
| Honeydew melon           | 2.2         | —                 | —      | 2.2               |
| Lettuce, head            | 21.3        | —                 | —      | 21.3              |
| Lettuce, leaf & romaine  | 10.0        | —                 | —      | 10.0              |
| Mushroom, all            | 2.6         | 1.6               | —      | 4.2               |
| Onion                    | 19.3        | —                 | —      | 20.8 <sup>1</sup> |
| Pea, green               | —           | 1.3               | 1.9    | 3.3               |
| Pea and lentil, dry, all | —           | —                 | —      | 0.6               |
| Pepper, bell             | 7.2         | —                 | —      | 7.2               |
| Pepper, chile            | —           | 5.7               | —      | 5.7               |
| Potato                   | 45.6        | 33.8 <sup>2</sup> | 56.6   | 136.0             |
| Spinach, all             | —           | —                 | —      | 1.8               |
| Strawberry               | 5.4         | —                 | 1.7    | 7.1               |
| Sweet corn <sup>3</sup>  | 9.7         | 8.8               | 9.5    | 27.8              |
| Sweet potato, all        | —           | —                 | —      | 4.3               |
| Tomato                   | 19.1        | 69.8              | —      | 88.9              |
| Watermelon               | 14.0        | —                 | —      | 14.0              |
| Other vegetables, all    | —           | —                 | —      | 12.1              |

Adapted from *Vegetables and Melons Outlook VGS-307* (USDA Economic Research Service, 2005), <http://www.ers.usda.gov/publications/vgs/Feb05/vgs307.pdf>.

<sup>1</sup> Includes fresh and dehydrated onion.

<sup>2</sup> Other processed potato.

<sup>3</sup> On-cob basis.

**TABLE 1.17. TRENDS IN U.S. PER CAPITA CONSUMPTION OF POTATO, SWEET POTATO, DRY BEAN, AND DRY PEA**

| Period            | Amount (lb)         |                           |          |         |
|-------------------|---------------------|---------------------------|----------|---------|
|                   | Potato <sup>1</sup> | Sweet Potato <sup>2</sup> | Dry Bean | Dry Pea |
| 1947–1949 average | 114                 | 13                        | 6.7      | 0.6     |
| 1957–1959 average | 107                 | 8                         | 7.7      | 0.6     |
| 1965              | 108                 | 6                         | 6.6      | 0.4     |
| 1970              | 118                 | 6                         | 5.9      | 0.3     |
| 1975              | 122                 | 5                         | 6.5      | 0.4     |
| 1980              | 116                 | 5                         | 5.4      | 0.4     |
| 1985              | 122                 | 5                         | 7.1      | 0.5     |
| 1990              | 128                 | 5                         | 6.4      | 0.5     |
| 1995              | 139                 | 4                         | 7.4      | 0.5     |
| 2000              | 139                 | 4                         | 7.6      | 0.9     |
| 2004              | 136                 | 4                         | 6.7      | 0.6     |

Adapted from *Vegetable Outlook and Situation Report TVS-233* (1984); *Vegetables and Specialties TVS-260* (1993); *Vegetables and Specialties TVS-265* (1995); and *Vegetables and Melons Outlook VGS-307* (USDA Economic Research Service, 2005), <http://www.ers.usda.gov/publications/vgs/Feb05/vgs307.pdf>.

<sup>1</sup>Includes fresh and processed potato.

<sup>2</sup>Includes fresh and processed sweet potato.

05  
WORLD VEGETABLE PRODUCTION

**TABLE 1.18. IMPORTANT VEGETABLE-PRODUCING COUNTRIES, 2004**

| Crop                    | First         | Second             | Third              |
|-------------------------|---------------|--------------------|--------------------|
| Artichoke               | Italy         | Spain              | Argentina          |
| Asparagus               | China         | Peru               | United States      |
| Bean, snap              | United States | France             | Mexico             |
| Cabbage                 | China         | India              | Russian Federation |
| Cantaloupe              | China         | Turkey             | United States      |
| Carrot                  | China         | United States      | Russia             |
| Cauliflower             | China         | India              | Italy              |
| Cucumber                | China         | Turkey             | Iran               |
| Eggplant                | China         | India              | Turkey             |
| Garlic                  | China         | India              | South Korea        |
| Lettuce                 | China         | United States      | Spain              |
| Mushroom                | China         | United States      | Netherlands        |
| Okra                    | India         | Nigeria            | Pakistan           |
| Onion                   | China         | India              | United States      |
| Pea, green              | India         | China              | United States      |
| Pepper                  | China         | Mexico             | Turkey             |
| Potato                  | China         | Russian Federation | India              |
| Pumpkin                 | China         | India              | Ukraine            |
| Spinach                 | China         | United States      | Japan              |
| Strawberry <sup>1</sup> | United States | Spain              | Japan              |
| Sweet corn              | United States | Nigeria            | France             |
| Sweet potato            | China         | Uganda             | Nigeria            |
| Tomato                  | China         | United States      | Turkey             |
| Watermelon              | China         | Turkey             | Iran               |
| All                     | China         | India              | United States      |

Adapted from *Vegetables and Melons Situation and Outlook Yearbook VGS-2005* (USDA, Economic Research Service, 2005), <http://www.ers.usda.gov/publications/vgs/JulyYearbook2005/VGS2005.pdf>.

<sup>1</sup> <http://usda.mannlib.cornell.edu/data-sets/specialty/95003/>.

**TABLE 1.19. WORLD VEGETABLE PRODUCTION, 2001–2003  
AVERAGE**

| Country            | Production<br>(million cwt) | (%)   |
|--------------------|-----------------------------|-------|
| China              | 8,988.1                     | 48.9  |
| India              | 1,697.3                     | 9.2   |
| United States      | 823.6                       | 4.5   |
| Turkey             | 552.5                       | 3.0   |
| Russian Federation | 326.0                       | 1.7   |
| Italy              | 325.5                       | 1.7   |
| Others             | 5,622.5                     | 31.0  |
| World              | 18,351.3                    | 100.0 |

Adapted from *Vegetables and Melons Situation and Outlook Yearbook VGS-2005* (USDA, Economic Research Service, 2005), <http://www.ers.usda.gov/publications/vgs/JulyYearbook2005/VGS2005.pdf>.

## NUTRITIONAL COMPOSITION

TABLE 1.20. COMPOSITION OF THE EDIBLE PORTIONS OF FRESH, RAW VEGETABLES

| Vegetable        | Amount/100 g Edible Portion |               |             |         |                  |           |         |        |         |         |        |
|------------------|-----------------------------|---------------|-------------|---------|------------------|-----------|---------|--------|---------|---------|--------|
|                  | Water (%)                   | Energy (kcal) | Protein (g) | Fat (g) | Carbohydrate (g) | Fiber (g) | Ca (mg) | P (mg) | Fe (mg) | Na (mg) | K (mg) |
| Artichoke        | 85                          | 47            | 3.3         | 0.2     | 10.5             | 5.4       | 44      | 90     | 1.3     | 94      | 370    |
| Asparagus        | 93                          | 20            | 2.2         | 0.1     | 3.9              | 2.1       | 24      | 52     | 2.1     | 2       | 202    |
| Bean, green      | 90                          | 31            | 1.8         | 0.1     | 7.1              | 3.4       | 37      | 38     | 1.0     | 6       | 209    |
| Bean, lima       | 70                          | 113           | 6.8         | 0.9     | 20.2             | 4.9       | 34      | 136    | 3.1     | 8       | 467    |
| Beet greens      | 91                          | 22            | 2.2         | 0.1     | 4.3              | 3.7       | 117     | 41     | 2.6     | 226     | 762    |
| Beet roots       | 88                          | 43            | 1.6         | 0.2     | 9.6              | 2.8       | 16      | 40     | 0.8     | 78      | 325    |
| Broccoli         | 89                          | 34            | 2.8         | 0.4     | 6.6              | 2.6       | 47      | 66     | 0.7     | 33      | 316    |
| Broccoli raab    | 93                          | 22            | 3.2         | 0.5     | 2.9              | 2.7       | 108     | 73     | 2.1     | 33      | 196    |
| Brussels sprouts | 86                          | 43            | 3.4         | 0.3     | 9.0              | 3.8       | 42      | 69     | 1.4     | 25      | 389    |
| Cabbage, common  | 92                          | 24            | 1.4         | 0.1     | 5.6              | 2.3       | 47      | 23     | 0.6     | 18      | 246    |
| Cabbage, red     | 90                          | 31            | 1.4         | 0.6     | 7.4              | 2.1       | 45      | 30     | 0.8     | 27      | 243    |
| Cabbage, savoy   | 91                          | 27            | 2.0         | 0.1     | 6.1              | 3.1       | 35      | 42     | 0.4     | 28      | 230    |
| Carrot           | 88                          | 41            | 0.9         | 0.2     | 9.6              | 2.8       | 33      | 35     | 0.3     | 69      | 320    |
| Cauliflower      | 92                          | 25            | 2.0         | 0.1     | 5.3              | 2.5       | 22      | 44     | 0.4     | 30      | 303    |
| Celeriac         | 89                          | 42            | 1.5         | 0.3     | 9.2              | 1.8       | 43      | 115    | 0.7     | 100     | 300    |
| Celery           | 95                          | 14            | 0.7         | 0.2     | 3.0              | 1.6       | 40      | 24     | 0.2     | 80      | 260    |

|                     |    |     |     |     |      |     |     |     |     |    |     |
|---------------------|----|-----|-----|-----|------|-----|-----|-----|-----|----|-----|
| Chayote             | 95 | 17  | 0.8 | 0.1 | 3.9  | 1.7 | 17  | 18  | 0.3 | 2  | 125 |
| Chicory, witloof    | 95 | 17  | 0.9 | 0.1 | 4.0  | 3.1 | 28  | 26  | 0.2 | 2  | 211 |
| Chinese cabbage     | 95 | 13  | 1.5 | 0.2 | 2.2  | 1.0 | 105 | 37  | 0.8 | 65 | 252 |
| Collards            | 91 | 30  | 2.5 | 0.4 | 5.7  | 3.6 | 145 | 10  | 0.2 | 20 | 169 |
| Cucumber            | 95 | 15  | 0.7 | 0.1 | 3.6  | 0.5 | 16  | 24  | 0.3 | 2  | 147 |
| Eggplant            | 92 | 24  | 1.0 | 0.2 | 5.7  | 3.4 | 9   | 25  | 0.2 | 2  | 230 |
| Endive              | 94 | 17  | 1.3 | 0.2 | 3.4  | 3.1 | 52  | 28  | 0.8 | 22 | 314 |
| Garlic              | 59 | 149 | 6.4 | 0.5 | 33.1 | 2.1 | 181 | 153 | 1.7 | 17 | 401 |
| Kale                | 84 | 50  | 3.3 | 0.7 | 10.0 | 2.0 | 135 | 56  | 1.7 | 43 | 447 |
| Kohlrabi            | 91 | 27  | 1.7 | 0.1 | 6.2  | 3.6 | 24  | 46  | 0.4 | 20 | 350 |
| Leek                | 83 | 61  | 1.5 | 0.3 | 14.1 | 1.8 | 59  | 35  | 2.1 | 20 | 180 |
| Lettuce, butterhead | 96 | 13  | 1.4 | 0.2 | 2.3  | 1.1 | 35  | 33  | 1.2 | 5  | 238 |
| Lettuce, crisphead  | 96 | 14  | 0.9 | 0.1 | 3.0  | 1.2 | 18  | 20  | 0.4 | 10 | 141 |
| Lettuce, green leaf | 94 | 18  | 1.3 | 0.3 | 3.5  | 0.7 | 68  | 25  | 1.4 | 9  | 264 |
| Lettuce, red leaf   | 96 | 16  | 1.3 | 0.2 | 2.3  | 0.9 | 33  | 28  | 1.2 | 25 | 187 |
| Lettuce, romaine    | 95 | 17  | 1.2 | 0.3 | 3.3  | 2.1 | 33  | 30  | 1.0 | 8  | 247 |
| Melon, cantaloupe   | 90 | 34  | 0.8 | 0.2 | 8.2  | 0.9 | 9   | 15  | 0.2 | 16 | 267 |
| Melon, casaba       | 92 | 28  | 1.1 | 0.1 | 6.6  | 0.9 | 11  | 5   | 0.2 | 9  | 182 |
| Melon, honeydew     | 90 | 36  | 0.5 | 0.1 | 9.1  | 0.8 | 6   | 11  | 0.2 | 18 | 228 |
| Mushroom            | 92 | 22  | 3.1 | 0.3 | 3.2  | 1.2 | 3   | 85  | 0.5 | 4  | 314 |
| Mustard greens      | 91 | 26  | 2.7 | 0.2 | 4.9  | 3.3 | 103 | 43  | 1.5 | 25 | 354 |
| Okra                | 90 | 31  | 2.0 | 0.1 | 7.0  | 3.2 | 81  | 63  | 0.8 | 8  | 303 |
| Onion, bunching     | 90 | 32  | 1.8 | 0.2 | 7.3  | 2.6 | 72  | 37  | 1.5 | 16 | 276 |
| Onion, dry          | 89 | 42  | 0.9 | 0.1 | 10.1 | 1.4 | 22  | 27  | 0.2 | 3  | 144 |
| Parsley             | 88 | 36  | 3.0 | 0.8 | 6.3  | 3.3 | 138 | 58  | 6.2 | 56 | 554 |

**TABLE 1.20. COMPOSITION OF THE EDIBLE PORTIONS OF FRESH, RAW VEGETABLES (Continued)**

| Vegetable          | Amount/100 g Edible Portion |               |             |         |                  |           |         |        |         |         |        |
|--------------------|-----------------------------|---------------|-------------|---------|------------------|-----------|---------|--------|---------|---------|--------|
|                    | Water (%)                   | Energy (kcal) | Protein (g) | Fat (g) | Carbohydrate (g) | Fiber (g) | Ca (mg) | P (mg) | Fe (mg) | Na (mg) | K (mg) |
| Parsnip            | 80                          | 75            | 1.2         | 0.3     | 18.0             | 4.9       | 36      | 71     | 0.6     | 10      | 375    |
| Pea, edible-podded | 89                          | 42            | 2.8         | 0.2     | 7.6              | 2.6       | 43      | 53     | 2.1     | 4       | 200    |
| Pea, green         | 79                          | 81            | 5.4         | 0.4     | 14.5             | 5.1       | 25      | 108    | 1.5     | 5       | 244    |
| Pepper, hot, chile | 88                          | 40            | 2.0         | 0.2     | 9.5              | 1.5       | 18      | 46     | 1.2     | 7       | 340    |
| Pepper, sweet      | 94                          | 20            | 0.9         | 0.2     | 4.6              | 1.7       | 10      | 20     | 0.3     | 3       | 175    |
| Potato             | 79                          | 77            | 2.0         | 0.1     | 17.5             | 2.2       | 12      | 57     | 0.8     | 6       | 421    |
| Pumpkin            | 92                          | 26            | 1.0         | 0.1     | 6.5              | 0.5       | 21      | 44     | 0.8     | 1       | 340    |
| Radicchio          | 93                          | 23            | 1.4         | 0.3     | 4.5              | 0.9       | 19      | 40     | 0.6     | 22      | 302    |
| Radish             | 95                          | 16            | 0.7         | 0.1     | 3.4              | 1.6       | 25      | 20     | 0.3     | 39      | 233    |
| Rhubarb            | 94                          | 21            | 0.9         | 0.2     | 4.5              | 1.8       | 86      | 14     | 0.2     | 4       | 288    |
| Rutabaga           | 90                          | 36            | 1.2         | 0.2     | 8.1              | 2.5       | 47      | 58     | 0.5     | 20      | 337    |
| Salsify            | 77                          | 82            | 3.3         | 0.2     | 18.6             | 3.3       | 60      | 75     | 0.7     | 20      | 380    |
| Shallot            | 80                          | 72            | 2.5         | 0.1     | 16.8             | —         | 37      | 60     | 1.2     | 12      | 334    |
| Southern pea       | 77                          | 90            | 3.0         | 0.4     | 18.9             | 5.0       | 126     | 53     | 1.1     | 4       | 431    |
| Spinach            | 91                          | 23            | 2.9         | 0.4     | 3.6              | 2.2       | 99      | 49     | 2.7     | 79      | 558    |
| Squash, acorn      | 88                          | 40            | 0.8         | 0.1     | 10.4             | 1.5       | 33      | 36     | 0.7     | 3       | 347    |
| Squash, butternut  | 86                          | 45            | 1.0         | 0.1     | 11.7             | 2.0       | 48      | 33     | 0.7     | 4       | 352    |



|                  |    |     |     |     |      |     |     |    |     |     |     |
|------------------|----|-----|-----|-----|------|-----|-----|----|-----|-----|-----|
| Squash, Hubbard  | 88 | 40  | 2.0 | 0.5 | 8.7  | —   | 14  | 21 | 0.4 | 7   | 320 |
| Squash, scallop  | 94 | 18  | 1.2 | 0.2 | 3.8  | —   | 19  | 36 | 0.4 | 1   | 182 |
| Squash, summer   | 95 | 16  | 1.2 | 0.2 | 3.4  | 1.1 | 15  | 38 | 0.4 | 2   | 262 |
| Squash, zucchini | 97 | 16  | 1.2 | 0.2 | 3.4  | 1.1 | 15  | 38 | 0.4 | 10  | 262 |
| Strawberry       | 91 | 32  | 0.7 | 0.3 | 7.7  | 2.0 | 16  | 24 | 0.4 | 1   | 153 |
| Sweet corn       | 76 | 86  | 3.2 | 1.2 | 19.0 | 2.7 | 2   | 89 | 0.5 | 15  | 270 |
| Sweet potato     | 77 | 86  | 1.6 | 0.1 | 20.1 | 3.0 | 30  | 47 | 0.6 | 55  | 337 |
| Swiss chard      | 93 | 19  | 1.8 | 0.2 | 3.7  | 1.6 | 51  | 46 | 1.8 | 213 | 379 |
| Taro             | 71 | 112 | 1.5 | 0.2 | 26.5 | 4.1 | 43  | 84 | 0.6 | 11  | 591 |
| Tomato, green    | 93 | 23  | 1.2 | 0.2 | 5.1  | 1.1 | 13  | 28 | 0.5 | 13  | 204 |
| Tomato, ripe     | 95 | 18  | 0.9 | 0.2 | 3.9  | 1.2 | 10  | 24 | 0.3 | 5   | 237 |
| Turnip greens    | 90 | 32  | 1.5 | 0.3 | 7.1  | 3.2 | 190 | 42 | 1.1 | 40  | 296 |
| Turnip roots     | 92 | 28  | 0.9 | 0.1 | 6.4  | 1.8 | 30  | 27 | 0.3 | 67  | 191 |
| Watermelon       | 92 | 30  | 0.6 | 0.2 | 7.6  | 0.4 | 7   | 10 | 0.2 | 1   | 112 |
| Waxgourd         | 96 | 13  | 0.4 | 0.2 | 3.0  | 2.9 | 19  | 19 | 0.4 | 111 | 6   |

Adapted from *USDA Nutrient Database for Standard Reference, Release 17 (2005)*, <http://www.nal.usda.gov/fnic/foodcomp/Data/SR17/reports/sr17page.htm>.

**TABLE 1.21. VITAMIN CONTENT OF FRESH RAW, VEGETABLES**

| Vegetable        | Amount/100 g Edible Portion |                  |                    |                |                       |                                |
|------------------|-----------------------------|------------------|--------------------|----------------|-----------------------|--------------------------------|
|                  | Vitamin A<br>(IU)           | Thiamine<br>(mg) | Riboflavin<br>(mg) | Niacin<br>(mg) | Ascorbic Acid<br>(mg) | Vitamin B <sub>6</sub><br>(mg) |
| Artichoke        | 0                           | 0.07             | 0.07               | 1.05           | 11.7                  | 0.12                           |
| Asparagus        | 756                         | 0.14             | 0.14               | 0.98           | 5.6                   | 0.09                           |
| Bean, green      | 690                         | 0.08             | 0.11               | 0.75           | 16.3                  | 0.07                           |
| Bean, lima       | 303                         | 0.22             | 0.10               | 1.47           | 23.4                  | 0.20                           |
| Beet greens      | 6,326                       | 0.10             | 0.22               | 0.40           | 30.0                  | 0.11                           |
| Beet roots       | 33                          | 0.03             | 0.04               | 0.33           | 4.9                   | 0.07                           |
| Broccoli         | 660                         | 0.07             | 0.12               | 0.64           | 89.2                  | 0.18                           |
| Broccoli raab    | 2,622                       | 0.16             | 0.13               | 1.2            | 20.2                  | 0.17                           |
| Brussels sprouts | 754                         | 0.14             | 0.09               | 0.75           | 85.0                  | 0.22                           |
| Cabbage, common  | 171                         | 0.05             | 0.04               | 0.30           | 32.2                  | 0.10                           |
| Cabbage, red     | 1,116                       | 0.06             | 0.07               | 0.42           | 57.0                  | 0.21                           |
| Cabbage, savoy   | 1,000                       | 0.07             | 0.03               | 0.30           | 31.0                  | 0.19                           |
| Carrot           | 12,036                      | 0.07             | 0.06               | 1.0            | 5.9                   | 0.14                           |
| Cauliflower      | 13                          | 0.06             | 0.06               | 0.53           | 46.4                  | 0.22                           |
| Celeriac         | 0                           | 0.05             | 0.06               | 0.70           | 8.0                   | 0.17                           |
| Celery           | 449                         | 0.02             | 0.06               | 0.32           | 3.1                   | 0.07                           |
| Chayote          | 0                           | 0.03             | 0.03               | 0.47           | 7.7                   | 0.08                           |
| Chicory, witloof | 29                          | 0.6              | 0.03               | 0.16           | 2.8                   | 0.04                           |
| Chinese cabbage  | 4,468                       | 0.04             | 0.07               | 0.50           | 45.0                  | 0.19                           |

|                     |        |      |      |      |       |      |
|---------------------|--------|------|------|------|-------|------|
| Collards            | 6,668  | 0.05 | 0.13 | 0.74 | 35.3  | 0.17 |
| Cucumber            | 105    | 0.03 | 0.03 | 0.10 | 2.8   | 0.04 |
| Eggplant            | 27     | 0.04 | 0.04 | 0.65 | 2.2   | 0.08 |
| Endive              | 2,167  | 0.08 | 0.08 | 0.40 | 6.5   | 0.02 |
| Garlic              | 0      | 0.20 | 0.11 | 0.70 | 31.2  | 1.20 |
| Kale                | 15,376 | 0.11 | 0.13 | 1.00 | 120.0 | 0.27 |
| Kohlrabi            | 36     | 0.05 | 0.02 | 0.40 | 62.0  | 0.15 |
| Leek                | 1,667  | 0.06 | 0.03 | 0.40 | 12.0  | 0.23 |
| Lettuce, butterhead | 3,312  | 0.06 | 0.06 | 0.40 | 3.7   | 0.08 |
| Lettuce, crisphead  | 502    | 0.04 | 0.03 | 0.12 | 2.8   | 0.04 |
| Lettuce, green leaf | 7,405  | 0.07 | 0.08 | 0.38 | 18.0  | 0.09 |
| Lettuce, red leaf   | 7,492  | 0.06 | 0.08 | 0.32 | 3.7   | 0.10 |
| Lettuce, romaine    | 5,807  | 0.10 | 0.10 | 0.31 | 24.0  | 0.07 |
| Melon, cantaloupe   | 3,382  | 0.04 | 0.02 | 0.73 | 36.7  | 0.07 |
| Melon, casaba       | 0      | 0.02 | 0.03 | 0.23 | 21.8  | 0.16 |
| Melon, honeydew     | 40     | 0.08 | 0.02 | 0.60 | 24.8  | 0.06 |
| Mushroom            | 0      | 0.09 | 0.42 | 3.85 | 2.4   | 0.12 |
| Mustard greens      | 10,500 | 0.08 | 0.11 | 0.80 | 70.0  | 0.18 |
| Okra                | 375    | 0.20 | 0.06 | 1.00 | 21.1  | 0.22 |
| Onion, bunching     | 997    | 0.06 | 0.08 | 0.53 | 18.8  | 0.06 |
| Onion, dry          | 2      | 0.05 | 0.03 | 0.08 | 6.4   | 0.15 |
| Parsley             | 8,424  | 0.09 | 0.10 | 1.31 | 133.0 | 0.09 |
| Parsnip             | 0      | 0.09 | 0.05 | 0.70 | 17.0  | 0.09 |
| Pea, edible-podded  | 1,087  | 0.15 | 0.08 | 0.60 | 60.0  | 0.16 |
| Pea, green          | 640    | 0.27 | 0.13 | 2.09 | 40.0  | 0.17 |
| Pepper, hot, chile  | 1,179  | 0.09 | 0.09 | 0.95 | 242.5 | 0.28 |
| Pepper, sweet       | 370    | 0.06 | 0.03 | 0.48 | 80.4  | 0.22 |
| Potato              | 2      | 0.08 | 0.03 | 1.05 | 19.7  | 0.30 |

TABLE 1.21. VITAMIN CONTENT OF FRESH RAW VEGETABLES (Continued)

| Vegetable         | Amount/100 g Edible Portion |                  |                    |                |                       |                                |
|-------------------|-----------------------------|------------------|--------------------|----------------|-----------------------|--------------------------------|
|                   | Vitamin A<br>(IU)           | Thiamine<br>(mg) | Riboflavin<br>(mg) | Niacin<br>(mg) | Ascorbic Acid<br>(mg) | Vitamin B <sub>6</sub><br>(mg) |
| Pumpkin           | 7,384                       | 0.05             | 0.11               | 0.60           | 9.0                   | 0.06                           |
| Radicchio         | 27                          | 0.02             | 0.03               | 0.26           | 8.0                   | 0.06                           |
| Radish            | 7                           | 0.01             | 0.04               | 0.25           | 14.8                  | 0.07                           |
| Rhubarb           | 102                         | 0.02             | 0.03               | 0.30           | 8.0                   | 0.02                           |
| Rutabaga          | 2                           | 0.09             | 0.04               | 0.70           | 25.0                  | 0.10                           |
| Salsify           | 0                           | 0.08             | 0.22               | 0.50           | 8.0                   | 0.28                           |
| Shallot           | 12                          | 0.06             | 0.02               | 0.2            | 8.0                   | 0.35                           |
| Southern pea      | 0                           | 0.11             | 0.15               | 1.45           | 2.5                   | 0.07                           |
| Spinach           | 9,377                       | 0.08             | 0.19               | 0.72           | 28.1                  | 0.20                           |
| Squash, acorn     | 367                         | 0.14             | 0.01               | 0.70           | 11.0                  | 0.15                           |
| Squash, butternut | 10,630                      | 0.10             | 0.02               | 1.20           | 21.0                  | 0.15                           |
| Squash, Hubbard   | 1,367                       | 0.07             | 0.04               | 0.50           | 11.0                  | 0.15                           |
| Squash, scallop   | 110                         | 0.07             | 0.03               | 0.60           | 18.0                  | 0.11                           |
| Squash, summer    | 200                         | 0.05             | 0.14               | 0.49           | 17.0                  | 0.22                           |
| Squash, zucchini  | 200                         | 0.05             | 0.14               | 0.49           | 17.0                  | 0.22                           |
| Strawberry        | 12                          | 0.02             | 0.02               | 0.39           | 58.8                  | 0.05                           |
| Sweet corn        | 208                         | 0.20             | 0.06               | 1.70           | 6.8                   | 0.06                           |
| Sweet potato      | 14,187                      | 0.08             | 0.06               | 0.56           | 2.4                   | 0.80                           |
| Swiss chard       | 6,116                       | 0.04             | 0.09               | 0.40           | 30.0                  | 0.10                           |

|               |     |      |      |      |      |      |
|---------------|-----|------|------|------|------|------|
| Taro          | 76  | 0.10 | 0.03 | 0.60 | 4.5  | 0.28 |
| Tomato, green | 642 | 0.06 | 0.04 | 0.50 | 23.4 | 0.08 |
| Tomato, ripe  | 833 | 0.04 | 0.02 | 0.60 | 12.7 | 0.08 |
| Turnip greens | 0   | 0.07 | 0.10 | 0.60 | 60.0 | 0.26 |
| Turnip roots  | 0   | 0.04 | 0.03 | 0.40 | 21.0 | 0.09 |
| Watermelon    | 569 | 0.03 | 0.02 | 0.18 | 8.1  | 0.05 |
| Waxgourd      | 0   | 0.04 | 0.11 | 0.40 | 13.0 | 0.04 |

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Adapted from *USDA Nutrient Database for Standard Reference, Release 17 (2005)*, <http://www.nal.usda.gov/fnic/foodcomp/Data/SR17/reports/sr17page.htm>.  
See also <http://www.5aday.com>.

