

## **EXAMPLE COMMODITIES COVERED BY THE PERSIABLE AGRICULTURAL COMMODITIES ACT (PACA)**

The PACA covers fresh and frozen fruits and vegetables. The legal authority for determining what is covered under PACA can be found in the statute at 7 USC 449a(4) and in the PACA regulations at 7 CFR 46.2(u). The following list is being provided in response to numerous requests from our customers for information about what types of items are covered by the PACA. The following list of commodities are covered by the PACA when they are fresh or frozen (not canned or cooked). Please note that it is likely that there are additional items not included on this list that are nevertheless covered by the PACA. Given the international scope of today's produce industry there are undoubtedly some items that have inadvertently been left off this list and that omission should not be interpreted to mean that the item is not covered. If you have a question about an item not on this list, please call the PACA Branch at 202-720-2890.

### **FRESH FRUITS AND VEGETABLES COVERED UNDER THE ACT**

Abalone Oyster – aka: Betit Pluierotte – mushroom (vegetable)

Abiu – aka: Sapote (fruit)

Ackee – aka: Akee, Genip, Guinep, Mappo, Chenette – flowerlike fruit (when broken) where skin is poisonous but flesh is not. Bursts into a flower when ripe. Only naturally opened fruits can be eaten. (fruit)

Aconagua – pepper (vegetable)

Acorn Squash – aka: Table Queen Squash, Des Moines, Danish Squash (vegetable)

Acum (Acorn) – aka: Yautia, Tanier, New Coco Yum, Tannia, Chou Caraibe (vegetable)

Adzuki – Bean (vegetable)

African Bell – aka: Butternut Squash (vegetable)

Ai Gwa – aka: Japanese Eggplant (vegetable)

Aji – type of Chili Pepper, Chili, Hot Pepper (vegetable)

Ajicito – Garlic or little peppers (vegetable)

Ajo – Garlic (vegetable)

Akee - aka: Ackee, Genip, Guinep, Mappo, Chenette (see Ackee) (fruit)

Alfalfa Sprouts – thread-like sprouts (vegetable)

Algarroba - (fruit)

Algerian Tangerines - (fruit)

Alligator Pear -- avocado (vegetable)

Amaranth, Chinese – aka: Tampala, Chinese Spinach – a cross between spinach and a mild-tasting cabbage (vegetable)

Anaheim Chili -- Hot Pepper, less fiery than the Serrano Pepper (vegetable)

Ancho – pepper (vegetable)

Anise – aka: Licorice, Finocchio, Fennel (vegetable)

Angelica - (herb)

Apaz Onion - (vegetable)

Apio (Apio Root) – aka: Celery Root, Celeriac – (a celery type vegetable)

Appaloosa Bean - (vegetable)

Apple – aka: Manzana, Pin Koi, Bom Tao (fruit)

Akane

Arkansas Black

Baldwin

Braeburn (sweet-tart)

Bramley

Cameo

Cortland

Cox

Crispin/Mutsu (sweet)

Criterion

Delicious, Golden

Delicious, Red

Elstar

Empire (sweet-tart)

Fuji (sweet)

Gala (sweet)

Ginger Gold

Golden Delicious (sweet)

Granny Smith (tart)

Gravenstein (mildly tart)

Huanu – red, crispy (sweet)

Ida Red (mildly tart)

Jonagold (sweet-tart)

Jonathan (moderately tart)

Macoun

McIntosh (tart)

Mutsu

Newtown/Pippin – green tinged with yellow

Northern Spy

Paula Red

Pink Lady

Red Delicious (mildly sweet)

Rhode Island Greening

Rome (medium tart to sweet)

Sierra Beauty

Spartan

Spartamac

Sundowner

Winesap/Stayman (mildly tart)

York

Apple Banana – aka: Banana Manzano, Chuoi Cao (fruit)

Apple, Custard – aka: Cherimoya, Sapota (fruit)

Apples, Lady – Apricot size with red coloring (fruit)

Apples of Love – aka: Aubergine (fruit)

Apple Pears – aka: Sha-Lea, Asian Pear (fruit)

Apple, Star – Round, 2-4 inches in diameter with dull purple to pale green color (fruit)

Apple, Sugar – aka: Cherimoya, Sapote (fruit)

Apricot (fruit)

Blenheim (sweet to slightly tart)

Castlebrite (mild to slightly tart)

Derby

Flaming Gold (mildly sweet)

Goldbar

Improved Flaming Gold

Katy (semi-sweet)

Modesto

Patterson (mildly sweet)

Perfection

Pomo

Queen

Riland

Tilton

Tracy

Westley

Aprium – Cross between Apricot and Plum (fruit)

Aquacate – aka: Avocado (fruit)

Arrowhead – aka: Ma Tai Koo, Sha Koo, Kuwai ; fleshy bulb, when cut is yellow-buff color has the consistency of a sweet potato. Should not be eaten uncooked (vegetable)

Arrowroot – aka: Goo, See Goo, Chinese Potato, Tacca, Yuquilla, Pitisilen, Chok-Woo – brown ground root with crisp white flesh; resembles a turnip (vegetable)

Arrugula – aka: Rocket Salad, Roquette, Rugula – mustard family; pungent, peppery and slightly smoky taste (herb)

Artichoke, Chinese – aka: Chorogi, Knotroot – small tender tubers similar to potatoes (vegetable)

Artichoke, Globe (vegetable)

Green Globe

Desert Globe

Big Heart

Imperial Star

Artichoke, Jerusalem – aka: Sunchoke, Topi Tamboo, Chofle – brown, potato like root relative to the sunflower; can be eaten raw, roasted, boiled or steamed (vegetable)

Arum – aka: Taro (vegetable)

Ascerola, Acerola – aka: Barbados Cherry (fruit)

Asian Celery - (vegetable)

Asian Eggplant – aka: Chinese Eggplant (vegetable)

Asian Pear – aka: Japanese Pear, Chinese Pear, Apple Pear, Shalea, 20<sup>th</sup> Century Pear, Nashi Apple (fruit)

Asparagus – Green, White (vegetable)

Asparagus Bean – aka: Long Bean, Yard Long Bean, Dow Gok, Dow Kok, Chinese Long Bean – native to southern Asia; related to the cowpea but has longer pods (vegetable)

Asparagus Lettuce – aka: Celtuce (vegetable)

Asparagus Pea – aka: Wing Bean (vegetable)

Atemoya – cross between Cherimoya and Sweetsop (fruit)

Aubergine – Brinjal, Tahi Eggplant, Melongene, Apples of Love, Garden Egg, (vegetable)

Australian Blue Squash - (vegetable)

Avocado – aka: Aguacate (vegetable)

Bacon – smooth thin skin

Fuerte - smooth thin skin

Gwen – medium-thick, pebbly, somewhat rough skin

Hass – medium-thick, pebbly, somewhat rough skin

MacArthur – rough skin

Pinkerton – medium-thick pebbly skin

Reed – smooth skin

Zutano – shiny, thin skin

West Indian Varieties (Choquette, Hall, Monroe, Nesbitt, Pollock, Simmonds)

Guatemalan Varieties (Black Prince, Booths, Brooks, Late, Loretta, Lula)

Florida Varieties (Bernecker, Beta, Dr. Dupuis, Hardee Red, Lisa, Miguel, Nadir, Tonnage, Tower 2, Waldin)

Avocado, Cuke – aka: Cocktail, Seedless, Finger, Lady Avocado (fruit)

Ayru – aka: Boniato, Cassava, Manioc, Tapioca Root, Yuca – sweeter species of Yuca/Cassava (vegetable)

Azuki – bean (vegetable)

Babaco – skin and flesh resembles a large papaya with flavor similar to strawberries with a hint of papaya and pineapple (fruit)

Baby Eggplant – aka Japanese Eggplant (vegetable)

Baigan – aka: Aubergine (fruit)

Balsam Apple – aka: Bitter Melon (vegetable)

Balsam Pear – aka: Bitter Melon (vegetable)

Bamboo Shoots – aka: Choke-Sun, Take-Noko, Chun-Sun (vegetable)

Banana – aka: Platano (Sp.) (fruit)

Berangan  
 Brazilian -- aka: Henrietta or Louise, resembles a small banana but shorter; has banana flavor with a lemony tang  
 Burro -- aka: chunky banana, similar to a regular banana, but shorter and more square, tangy lemon-banana flavor  
 Cardoba -- fat, stubby banana has a square shape and banana flavor with an orange citrus tang  
 Cavendish  
 Dominique  
 Ice Cream -- aka: Blue Java, Pata -- skin is silvery blue-green when first picked and turns yellow when ripe  
 Iholena -- stubby angular banana with orange flesh  
 Kaulau -- stubby shape with orange flesh  
 Lady Finger  
 Manzano/Apple -- finger length, yellow banana that is ripe when skin turns black.  
 Mas  
 Mysore -- has a strawberry-banana flavor with a creamy texture  
 Nino -- aka: honey banana -- short, chubby banana  
 Plantain/Macho - cooking banana; largest in banana family  
 Rastali  
 Red -- aka: Colorado; short, fat with sweet taste; purple or maroon red skin

Banana Blossoms (Banana Flower) -- can be sliced and eaten raw or cooked (vegetable)

Banana Pepper -- a mild chili pepper compared to other chili peppers (vegetable)

Banana Squash - (vegetable)

Barbadeen -- aka: Grenadilla (fruit)

Barbados Cherry -- aka: Surinam Cherry (fruit)

Basil -- green and purple, sweet (herb)

Batas -- aka: Cassava, Yuca (vegetable)

Batatas -- aka: Cassava, Yuca, Batas, Boniato -- a sweet potato (vegetable)

Beans - (vegetable)

Appaloosa

Azuki

Asparagus -- aka: Long Bean, Yard Bean, Chinese Long

Asparagus Pea -- aka: Wing Bean

Black Gram

Broad - aka: English, Fava, Horse, Windsor

Butter beans -- aka: Lima

Chick Pea

Chinese Long Bean: Dow Gawk, Dow Gong, Dow Kok, Dow Gok

Dragon Tongue Bean

Fava -- aka: English Beans, Horse Beans -- 6-8 inch pale green bean comes in large, light green pods; raw or cooked they have a pungent taste

Garbanzo: Chick Peas

Green: Snap, String, Yellow, Sea, Kentucky Wonder

Haricot Verts: French Green Beans

Horse -- aka: Fava

Hyacinth

Jack

Jackson Wonder  
Kentucky  
Kidney: Red Salad  
Lima: Butter Beans  
Marrow  
Mung: Bean Sprouts, Ng Ah Choi  
Pinto  
Pole  
Potato  
Rattlesnake  
Red  
Romano  
Runner  
Scarlet runner – aka: White Dutch Runner  
Sea  
Snap  
Sprouts: Mung, Ngah Choi  
Soy  
String  
Vanilla Bean  
Wax  
Wing: Asparagus Pea, Four Angled Bean, Goa Bena, KaChang Bean, Too-A-Poo  
Yam Bean  
Yellow Wax

Beets (vegetable) - Also Gold Beets

Detroit  
Crosby  
Early Wonder  
Ruby Queen

Beet Dandelion – see: greens (vegetable)

Beet greens - (vegetable)

Belanger – aka: Aubergine (fruit)

Belgian Endive – aka: Chicory, French Endive, French Witloof (vegetable)

Bell Pepper - (vegetable)

Berengena Negra – Black Eggplant (vegetable)

Berico – aka: Parrot Banana (fruit)

Berries - (fruit)

Alkekenji – aka: Cape Gooseberry  
Bilberry – aka: Whortleberry, Blueberry, Whinberry  
Blackberry  
Black Currant  
Blaeberry  
Blueberry  
Boysenberry  
Buffalo Berry  
Cape Gooseberry  
Cranberry

Currant  
Dewberry  
Elderberry  
Frais de Bois  
Gooseberry  
Huckleberry  
Jaboticaba  
Josta Berry  
Juneberry  
Lingonberry  
Loganberry  
Mulberry  
Nectarberry  
Olallie Berry  
Raspberry  
Service Berry  
Strawberry  
Tayberry  
Youngberry

Betit Pluierotte – aka: Abalone Oyster Mushrooms (vegetable)

Bibb Lettuce – (vegetable)

Bitter Broccoli – Mustard Greens (vegetable)

Bitter Cucumber – aka: Bitter Melon (vegetable)

Bitter Melon – aka: Foo Gwa, Balsam Apple, Fooh Quar, Balsam Pear, Fu-gua, Tsuru-Reishi, Bitter Cucumber – member of the squash family (described as a melon, a fruit and a vegetable)

Bitter Orange – (fruit)

Blackberry - (fruit)  
Olallie  
Marion  
Cherokee  
Chester  
Kotata

Black Chanterelle Mushroom - (vegetable)

Black Eggplant – aka: Beregena Negra (vegetable)

Black Eyed Peas – aka: Cow Peas (vegetable)

Black Fungus – aka: Woodear Mushroom (vegetable)

Black Forest Mushrooms – aka: Shitake Mushrooms, Golden Oaks, Tree Mushrooms (vegetable)

Black Radish – aka: Winter Radish - resembling large black turnips with a white interior; sharp pungent flavor; must be peeled before eating (vegetable)

Black Raspberry - (fruit)

Black Sapote – aka: Mexican Persimmon looks like a fat tomato; fibrous, soft, fudge-like flesh (fruit)

Blanc Salsify – aka: Scorzenera ; oyster like flavor (vegetable)

Blood Orange - (fruit)

Blueberries - (fruit)

Bohemian Squash – aka: Delicata Squash (vegetable)

Bok Choy – aka: Pak Choy, Chinese white cabbage, Bok Toy, Paak-Tsoi, Chinese Chard – broad, greenish white stalks with loose, dark green leaves (vegetable)

Bok Choy Hearts – aka: Choy Sum (vegetable)

Bok Toy – aka: Bok Choy – Chinese Chard (vegetable)

Bologi – aka: Worrow, spinach-like (vegetable)

Bom/Bon Tao – aka: Apple (fruit)

Boniato – aka: Batata, sweet Cuban potato (vegetable)

Borage - sky-blue to lavender colored, clustered flowers with prickly stems, tastes like cucumber (edible flower)

Borecole – see Kale, greens (vegetable)

Boston Lettuce - (vegetable)

Boysenberry - (fruit)

Brashette - (vegetable)

Breadfruit – aka: St. John’s Bread, Captain Bligh, Pain Bois, Carob – native to tropical areas. The edible portion of the fruit is the white to yellowish pulp which must be cooked before eating. May be served as a vegetable (fruit)

Brinjal – aka: Aubergine, Thai Eggplant, Melongenc, Apples of Love (fruit)

Broadbean – aka: Fava, Horsebean, English Bean, Windsor Bean (vegetable)

Broccoflower – yellowish green or pale green heads; cross between broccoli and cauliflower (vegetable)

Broccoli - (vegetable)

Broccoli, Chinese – aka: Giu Lon, Guy Lon, Gai Lon, Yu Choy – long shank, big flowered leaf and light green color (vegetable)

Broccoli Greens - (vegetable)

Broccoli Raab – aka: Rapini (vegetable)

Brussels Sprouts - (vegetable)

Bullocks – aka: Cherimoya (fruit)

Bur, Butter - (vegetable)

Burdock Root – aka: Gobo Root, Lony Root, Long Root (vegetable)

Burdock Tops - (vegetable)

Burnet - (vegetable)

Burro – aka: Parrot Banana, Chunky Banana (fruit)

Butterbeans – aka: Lima Beans (vegetable)

Buttercup – squash (vegetable)

Butter Nut Squash – aka: African Bell (vegetable)

Button Squash – aka: Patty Pan Squash (vegetable)

Cabbage - (vegetable)

Danish

Domestic

Green, Red

Mustard

Palm

Savoy – dark olive green with leaves crumpled and curled

Sprouts

Swamp – aka: Water Convovulus

White – Chinese Chard

Cabbage Turnip – aka: Kohlrabi (vegetable)

Cactus Leaves – aka: Nopales, Nopalitos (when chopped) – from the Prickly Pear Cactus (vegetable)

Cactus Pears – aka: Prickly Pears, Tuna Fruit (fruit)

Caimito – aka: Star Apple (fruit)

Calabas(a) – aka: Calabaza – squash (vegetable)

Calabaza – aka: Calabas(a), Spanish Pumpkin, Green Pumpkin, Indian Pumpkin – specialty squash (vegetable)

Calaloo – aka: Taro Leaves, Yauita Leaves, Callaloo, Calalu (vegetable)

Calamondin – aka: Kalamansi; small orange fruit, sour in taste, can be used as a lime or to make marmalade (fruit)

Camote – aka: Boniato (vegetable)

Caña – aka: Sugarcane (fruit)

Canistel – aka: Eggfruit – eggshaped fruit has a thin, glossy skin covering pumpkin-colored flesh; flavor is similar to a cooked sweet potato mixed with heavy cream (fruit)

Cantaloupe – melon (fruit)

Cape Gooseberry – aka: Physallis, Chinese Lantern Plant, Ground Cherry, Strawberry Tomato (fruit)

Captain Bligh – aka: Breadfruit (fruit)

Capulin Cherry – aka: Capuli, Tropic Cherry (fruit)

Carambola – aka: Star Fruit (fruit)

Cardoba Banana - (fruit)

Cardoni – aka: Cardoon – resembles a stalk of celery with thick leafy stalk (vegetable)

Cardoon - see Cardoni - tastes similar to the globe artichoke; native to the Mediterranean. Inner leaves may be eaten like celery; however it is usually cooked before eating. (vegetable)

Carob – aka: St. John's Bread – edible seed pods; can be used as a chocolate substitute (fruit)

Carottes – baby carrots (vegetable)

Carrots - (vegetable)

Carrots, French – approximately 2 inches long, very sweet (vegetable)

Cascabel – pepper (vegetable)

Cassava – aka: Aypu, Boniato, Camioc, Manioc, Tapioca Root, Yucca Root, Yuca; Cassava root must not be tasted raw because it contains a poisonous acid, which is completely dispelled in the cooking process. The starch in cassava root is used for making tapioca. (vegetable)

Castelfranco – a type of radicchio (vegetable)

Catjang – pea (vegetable)

Cauliflower - (vegetable)

Cayenne – pepper (vegetable)

Cebolla – aka: Onions (vegetable)

Cebollin - aka: Leek (vegetable)

Cebollita – Green Onion (Sp.) (vegetable)

Celantro - (vegetable)

Celeriac – aka: Apio Root, Celery Root; same family as Pascal Celery, globe shaped root crown is used instead of the stalk. (vegetable)

Celery - (vegetable)

Celery Mustard - (vegetable)

Celery Root – aka: Celeriac – bulb type root, light brown color (vegetable)

Celosia – greens (vegetable)

Celtuce – aka: Asparagus Lettuce. Enlarged stem and no head leaves; tastes like a cross between a mild summer squash and an artichoke (vegetable)

Ceriman - aka: Monstera Deliciosa (fruit)

Chaco – aka: Chayote squash (vegetable)

Chacho – aka: Chayote Squash (vegetable)

Chales – aka: Asian Pear (fruit)

Champagne Grape – tiny grapes which are like currants, have a sweet grape flavor (fruit)

Chan Ho – Chinese Spinach (vegetable)

Chanterelle Mushroom – aka: Girolle (vegetable)

Chard, Chinese – aka: Bok Choy (vegetable)

Chard, Swiss - (vegetable)

Chave – aka: Sorrell (vegetable)

Chayote Squash – aka: Chaco, Chacho, Choco, Choko, Christophene, Custard Marrow, Mango Squash, Mirliton, Tallon, Tallote, Vegetable pear – a round to pear shaped squash with dark green ribbed skin, native to Mexico and belongs to the cucumber and gourd family; it's low in calories and can be eaten raw or cooked (vegetable)

Che - aka: Chinese Che, Chinese Mulberry, Cudrang, Mandarin Melon Berry (fruit)

Chenette – aka: Ackee (fruit)

Cherimoya – aka: Custard Apple, Sapota, Sweet Sop, Sugar Apple – Heart shaped fruit (like a huge strawberry) that turns green when ripe. (fruit)

Cherry, Choke - (fruit)

Cherry: - (fruit)

- Bing – mahogany skin and flesh; sweet
- Black Republican
- Brooks - sweet
- Burlat – sweet
- Chelan – red with mahogany flesh; sweet
- Chokecherry
- Lambert – dark red & heartshaped; sweet
- Lopins – mahogany with red flesh; sweet
- Rainier – golden with pink/red blush; very sweet
- Royal Ann
- Sour
- Stella
- Sweet
- Sweetheart – dark red skin & flesh; sweet
- Tulare – sweet

Cherry Pepper - (vegetable)

Cherry Rhubarb -- aka: Field Rhubarb. (fruit)

Chervil – aka: French Parsley, Gourmet Parsley, herb – used like parsley (herb)

Chestnut, Water - (vegetable) brown skin with white nut-like center

Chicharos – English Peas (Sp.) (vegetable)

Chick Peas – aka: Garbanzo Beans (vegetable)

Chicon – aka: Belgian Endive (vegetable)

Chicory – aka: Belgium Endive, French Endive, French Witloof, Chicoria (Sp.) (vegetable)

Chicory Red Verona – aka: Italian Endive (vegetable)

Chicory Root - (vegetable)

Chili Peppers - (vegetable)

Aji

Ajicito

Anaheim, Green and Red – mild to hot

Ancho –hot

Banana pepper – aka: yellow hot, yellow wax, caribe

Cascabel

Cayenne

Cherry pepper

Chilaca

Chipotle

Cuaresmo

De Arbol – (dried) very hot

Fresno – pungent or hot

Guaje (Guajillo)

Guero (Huero)

Habanero - hottest

Hontaka

Hungarian wax pepper

Jalepeño – very hot

Manzana

Mexi-bell

Mirasol

New Mexico Red

Pasilla

Peperoni – very hot, spicy

Piquin

Poblano – mild to medium hot

Pulla

Rocoto

Scotch Bonnet – very hot

Serrano – hot

Sishito

Sontaka

Thai

Yellow hot – aka: yellow wax, caribe, banana pepper

China Peas – aka: How Lon Dow, Snow Peas, Sugar Peas, Sugar Snap Peas (vegetable)

Chinese Apple – aka: Pomegranate (fruit)

Chinese Artichoke – aka: Chinese Spinach (vegetable)

Chinese Broccoli – aka: Gai Lon, Yu Choy (vegetable)

Chinese Cabbage – aka: Napa, Slew Choy, Pe-tsai, Won Bok, Shew Choy, Nappa, Wong Nga, Paak-tsoi, Pak Choi, Patchoi (vegetable)

Chinese Celery – (herb)

Chinese Chard – aka: Bok Choy (vegetable)

Chinese Che – aka: Che, Chinese Mulberry, Cudrang, Mandarin Melon Berry, Silkworm Thorn (fruit)

Chinese Chives – aka: Gau Choy Flower, Gil Choy, Oriental Garlic, Nir Grass (vegetable)

Chinese Cinnebar Melon - deep red color, smooth texture (fruit)

Chinese Date – aka; Jujube (fruit)

Chinese Eggplant – aka: Asian Eggplant (vegetable)

Chinese Flowering Cabbage – aka: Rapini (vegetable)

Chinese Gooseberry – aka: Kiwi Fruit (fruit)

Chinese Grapefruit – aka: Pomelo, Pummelo (fruit)

Chinese Jam – aka: Fan Goot (vegetable)

Chinese Lantern Plant – aka: Cape Gooseberry (fruit)

Chinese Leeks - (vegetable)

Chinese Lettuce – aka: Celtuce (vegetable)

Chinese Long Bean – aka: Asparagus Bean (vegetable)

Chinese Mulberry – aka: Che (fruit)

Chinese Mustard Green – aka: Gau Choy, Kai Choy (vegetable)

Chinese Okra – aka: Sing Qua, Sing Kuar, Sing Gwa (vegetable)

Chinese Parsley – aka: Coriander, Cilantro, Yun Sai (herb)

Chinese Pear – aka: Asian Pear (fruit)

Chinese Potato – aka: Arrowroot, Jicama (vegetable)

Chinese Radish – aka: Daikon (vegetable)

Chinese Spinach – aka: Amaranth, Chum Ho, Chung Ho, Chow Bor Choy, Chan Ho, Hon Choy (vegetable)

Chinese Squash – aka: Kabocha (vegetable)

Chinese Turnip – aka: Lo Bok, Mullangi (vegetable)

Chinese White Cabbage – aka: Bok Choy (vegetable)

Chinese Yam – aka: Jicama (vegetable)

Chives – (herb)

Choco – aka: Chayote Squash (vegetable)

Chocolate Pudding Sapotes – aka: Black Sapotes (fruit)

Chofle – aka: Jerusalem Artichoke (vegetable)

Chok Woo – aka: Arrowroot (vegetable)

Choke-Sun – aka: Bamboo Shoots (vegetable)

Choko – Chayote Squash (vegetable)

Chompoi - (fruit)

Chongamoo – a radish (vegetable)

Chor (Chow) Bor Choy – aka: Chinese Spinach (vegetable)

Chorogi – aka: Artichoke, Chinese (vegetable)

Chou Caribe (Caraibe) – aka: Acum, Tania, New Coco Yam, Yautia (vegetable)

Choy Sum – aka: Chinese Chard, Bok Choy hearts – more tender than Bok Choy (vegetable)

Christophenc – aka: Chayote Squash (vegetable)

Chrysanthemum Leaves – aka: Shin Ki Ku (vegetable)

Christmas Lima Beans - (vegetable)

Chufa - (vegetable)

Chufle – aka: Jerusalem Artichokes (vegetable)

Chum Ho (Chungo, Chung Ho) – aka: Chinese Spinach (vegetable)

Chun-Sun – aka: Bamboo Shoots (vegetable)

Chuoi Cao – aka: Apple Banana (fruit)

Cilantro – aka: Chinese Parsley, Fresh Coriander, Mexican Parsley, Yeen Sai, Yun Sai (herb)

Cipolline Onions - (vegetable)

Cipollini – from the shallot, garlic, onion family; bitter taste, small round onion shape (vegetable)

Citron - (fruit)

Citron Melon - (fruit)

Citronella Root – aka: Lemon Grass (herb)

Citronelle Grass – aka: Lemon Grass (herb)

Citrus - (fruit)

Calamondin  
Cara Cara Orange  
Clementine  
Coachella  
Dancy tangerine  
Delite Tangerine  
Fremont mandarin  
Grapefruit  
Jiao mandarin  
K-Early  
Key Lime  
King  
Kinnow mandarin  
Kumquat  
Lee  
Lemon  
Lime  
Limequat  
Lokan  
Melogoid  
Moro (Blood) orange  
Myer Lemon  
Osceola  
Page  
Pixie mandarin  
Pomelo (Pummelo)  
Mandarin  
Melogold  
Minneola tangelo  
Mucot  
Oro Blanco  
Orange  
Satsuma  
Sour Orange  
Tangelo  
Tangerine  
Tangor  
Temple  
Tim Chang  
Ugly Fruit

Clementine – aka: Mandarin orange (fruit)

Coachella – aka: Shar-Tien-Yoa – Resembles Grapefruit (fruit)

Cocktail Avocado – aka: Avocado, Cuke (vegetable)

Coco Yam – aka: Taro Root, Dasheen (vegetable)

Collard Greens - (vegetable)

Comfrey – (herb)

Cooking Banana – aka: Plantain, Machos, Platano (fruit)

Coriander – aka: Cilantros, Mexican Parsley, Chinese Parsley (herb)

Corn, green - (vegetable)

Corn, Salad – aka: Mache, Lambs Lettuce (vegetable)

Cos – aka: Romaine (vegetable)

Courgetts – green and yellow (vegetable)

Cow Choy – aka: Gau Choy Flower (vegetable)

Cow Peas – aka: Black Eyed Peas (vegetable)

Crabapples – small tart apple used for making jelly, tarts or apple butter (fruit)

Cranberries - (fruit)

Early Black

Ben Lear

Howes

McFarlin

Searles

Stevens

Cress, Garden – aka: Leaf Lettuce (vegetable)

Crookneck Squash – yellow (vegetable)

Cuban Sweet Potatoes – aka: Boniato (vegetable)

Cucumber - (vegetable)

Armenian – size and shape of regular cucumber except has a skinned appearance; light green color

Chinese

English – aka: Long cuke 12-15 inches

Gherkin

Japanese -- similar to English cucumber, but has prickly skin and is seedless

Kirby

Lemon – lemon color, sweet taste

Pickling

Tree Melon

Cudrang – aka: Che (fruit)

Culantrillo – Parsley (herb)

Culantros – aka: Chinese Parsley, Coriander, Mexican Parsley, Yeen Sai (herb)

Currant – aka: Pasa de Corinto (fruit)

Black – small black berries have a sweet-tart flavor

Red – small red berries have a sour flavor

Cush Cush – Yam (vegetable)

Custard Apples – aka: Cherimoya, Sapota, Sweetsop, Sugar apple (fruit)

Custard Marrow – Chayote Squash (vegetable)

Cymling – aka: Patty Pan Squash (vegetable)

Daikon – aka: Chinese Radish, Chinese Turnip, Japanese Long White Radish, Mullangi, Oriental Radish – 4-5 inch long white radish; three types: spherical, oblong and cylindrical (vegetable)

Daki – aka: Enoki Mushrooms (vegetable)

Dandelion Greens - (vegetable)

Danish – aka: Acorn Squash (vegetable)

Dasheen – aka: Taro Root, Coco Yam, Malanga – root with a more cheesy consistency than a potato (vegetable)

Dates (Fresh) - (fruit)

Deglet Noor

Halawy

Khadrawy

Medjool

Zahidi

Dau Mue – aka: Pea Tips (vegetable)

Delicata Squash – aka: Bohemian Squash, Sweet Potato Squash (vegetable)

Des Moines Squash – aka: Acorn Squash (vegetable)

Desert Lemon – aka: Kumquat (fruit)

Dewberry - (fruit)

Dock Spinach - (vegetable)

Don Qua (Doong Qwa) – aka: Winter Melon (fruit)

Dow Gawk (Dow Gok, Dow Gong, Dow Kok, Dau Gok) – aka: Chinese Long Bean (vegetable)

Dulse – sea weed, edible (vegetable) Sold dry? If so, not subject.

Durian – semihard shell covered with thick spikes; has a nauseating smell, but its creamy, slightly sweet flesh has a rich, custardy texture (fruit)

Edamame – fresh Soy Bean (vegetable)

Eddo (Eddoe) – aka: Taro root, Malanga (vegetable)

Edible flowers:

Apple Blossom

Arugula

Bachelor buttons – blue, pink, white, purple or red flowers, ½ dollar in size with long, thin stems;

varies from sweet to spicy with clove flavor

Bee Balm

Borage – sky-blue to lavender colored, clustered flowers with prickly stems; cucumber flavor.

Used in salads, dressings, fruit punch.

Calendula – related to sunflower, 1-2 ft high and hairy, with oblong thick leaves. Flowers are large heads with yellow or orange rays; spicy, tangy, peppery flavor. Used to flavor stews and soups.

Carnation

Chamomile

Chive flowers – lavender flowers; onion flavor; used in soups, omelets

Cornflower

Crysanthemum

Daisy, English

Dandelions

Day Lily

Dianthus – pink, red, white; nickel-sized; clove-like flavor; used in salads, soups, jellies

Fuschia

Geranium

Hollyhock

Impatiens

Johnny Jump-ups

Lavender

Lilac

Mallow

Marigolds – yellow, orange; nickel to quarter-sized; spicy to piquant; bitter, fresh petals are chopped and added to salads; dried petals are used in soups and cakes

Mums – white flowers are nickel-sized; yellow flowers are large and spherical; slightly piquant to very bitter; flower heads can be pickled in vinegar. Leaves can be cooked young or mature, make aromatic tea.

Nasturtiums – yellow, orange and red with round leaves; spicy, peppery flavor; used in salads.

Pansies – blue, yellow, purple, red, white and multi-colored with five overlapping petals on individual stems; sweet to tart flavor; garnish on main dishes or float in cold beverages

Primrose

Rose

Snapdragon

Squash Blossoms

Stocks – pink, purple and white flowers which are clustered, each with four petals, sepals and stamens as well as one pistil; spicy to sweet

Sunflower

Thyme flowers – small, white and purple; lemon flavor

Tulip

Violet

Eggfruit – aka: Canistel (fruit)

Eggplant - (vegetable)

Black – aka: Berengena Negra

Chinese

Japanese – aka: Baby Eggplant, Ai Gwa, Nasube

Oriental

Thai

Elephant Garlic - (vegetable)

Endive - (vegetable)

Belgian – aka: French Endive

French – aka: Belgium Endive, Chicory, Witloof – mildly bitter but tender and crisp  
Italian – aka: Radicchio, Red Verona Chicory

English Bean – aka: Broadbean (vegetable)

Enoki Mushrooms – aka: Daki, Snow Puff (vegetable)

Epazote - (herb)

Escarole – Lettuce (vegetable)

Eschallots – aka: Shallots (vegetable)

Fan Knot (Fan Kot) – aka: Kudzu Root (vegetable)

Fatweed – aka: Verdolagas – plant with small oval (spoon shaped) thick green leaves (vegetable)

Fava Bean – aka: Broad Bean, English Bean (vegetable)

Feijoa – aka: Pineapple Guave. Always mistaken for the guava family - oval, green, thin skinned fruit eaten by spooning out pulp (fruit)

Fennel – aka: Finocchio, Anise – of the carrot family; short stocky plant with large swollen leaf base forming a white to light green false bulb (vegetable)

Fetticus – aka: Corn Salad, Lamb's Lettuce (vegetable)

Fiddlehead Greens Fennel - aka: Finocchio, Anise – of the carrot family; short stocky plant with large swollen leaf base forming a white to light green false bulb (vegetable)

Field Salad – aka: Lettuce Fennel, Finocchio, Anise (vegetable)

Field Rhubarb – aka: Cherry Rhubarb (fruit)

Fingerling Potatoes - (vegetable)

Field Salad – Lettuce Fennel – aka: Finocchio, Anise – of the carrot family; short stocky plant with large swollen leaf base forming a white to light green false bulb (vegetable)

Fig - (fruit)

Adriatic

Black Mission – dark black with purple highlights; rich, distinctive flavor

Blanche

Brown Turkey

Calimyrna – yellowish green with white flecks; rich, sweet

Celeste

Conadria

Croisic

Desert King

Exel

Flanders

Genoa

Judy

Kadota – green to yellowish-green; strong, less sweet

Len

Osborne's Prolific

Panachee  
Tena  
Ventura  
Verte (Green Ischia)

Finger Avocado – aka: Avocado Cuke (vegetable)

Finocchi – aka: Anise, Fennel

Flowering Kale - (vegetable)

Fon Goot – aka: Chinese Jam, Jicama

Foo Qua (Foo Gwa, Fooh Quar, Fu Gua, Foo Gaw) – aka: Bitter Melon (fruit)

Four Angled Bean - aka: Wing bean (vegetable)

French Butter Pear - resembles a green Bartlett pear; slight lemon flavor and a juicy, delicate texture (fruit)

French Endive – aka: Frisee (vegetable)

French Green Bean – aka: Haricot Verts (vegetable)

French Parsley – aka: Chervil (herb)

French Witloof – aka: Belgium Endive, French Endive, Chicory (vegetable)

Fresno – aka: Chili (vegetable)

Frezadia Tomatillo - (vegetable)

Frisce – aka: French Endive (vegetable)

Fuyu – aka: Persimmon, Marus (fruit)

Fuzzy Squash – aka: Chinese squash, Mo Gwa (vegetable)

Gai Choy (Choi) – aka: Chinese Mustard Greens, Gau Choy (vegetable)

Gai Lon – aka: Chinese Broccoli (vegetable)

Gai (Gau) Wong – aka: Chinese Mustard Greens (vegetable)

Galanga – aka: Siamese Ginger, Thai Ginger (vegetable)

Gandules – aka: Pigeon Peas (vegetable)

Garbanzo Beans - aka: Chick Peas (vegetable)

Garden Egg – aka: Aubergine (fruit)

Garlic – aka: Ajicito, Ajo (vegetable)

Garlic, Oriental – aka: Chinese Chives (vegetable)

Gau Choy – aka: Gau (Gai) Wong (vegetable)

Gau (Gai) Choy Flower – aka: Chinese Chives, Gil Choy, Cow Choy, Oriental Garlic (vegetable)

Gau (Gai) Wong – aka: Gau Choy (vegetable)

Genip, Guinep - aka: Ackee (fruit)

Geranium Grass – aka: Lemon Grass (herb)

Gherkin – aka: Cucumber (vegetable)

Gil Choy – aka: Gau Choy Flower, Chinese Chives (vegetable)

Ginger, Thai or Siamese - (vegetable)

Ginger Root – aka: San Gung, Jenibre, Jengibre, Gung Gung, Sang Geong, Sang Guzng, Zingiber – golden brown knobby tubers (vegetable)

Girolle – aka: Chantrelle Mushrooms (vegetable)

Giu Lon – aka: Chinese Broccoli (vegetable)

Goa Bean – aka: Wing Bean (vegetable)

Goatsbread – aka: Oyster Plant, Scorzonera (vegetable)

Gobo root – aka: Gobo Burdock, Burdock Root, Long Root, Lony Root (vegetable)

Gold Nugget – squash (vegetable)

Golden Oaks – aka: Black Forest Mushrooms, Shitake Mushroom, Tree Mushroom (vegetable)

Gongo Peas – aka: Pigeon Peas (vegetable)

Goo – aka: Goo Potato, Arrowroot (vegetable)

Good King Henry – Green, succulent plant, has spinach-like flavor (vegetable)

Gooseberry, Green - (fruit)

Gooseberry, Chinese – aka: Kiwi Fruit (fruit)

Goumi - (fruit)

Gourmet Parsley – aka: Chervil (herb)

Gow Choy – aka: Gau Choy Flower, Chinese Chives (herb)

Granadilla – aka: Barbadeen, Sweet Giant – 1<sup>st</sup> cousin to Passion Fruit. Somewhat larger and has orange brown skin (fruit)

Grape - (fruit)

- Beauty (black, seedless)
- Calmeria (green, seeded)
- Champagne
- Christmas Rose (Red, seeded)

- Crimson Seedless (red, seedless)
- Emperatriz (red, seedless)
- Emperor (red, seeded)
- Exotic (black, seeded)
- Fantasy (black, seedless)
- Flame (red, seedless)
- Globe (red, seeded)
- Muscadine
- Niabell (black, seedless)
- Perlette (green, seedless)
- Premium (red, seedless)
- Red Globe
- Ribier (black, seeded)
- Rouge (red, seeded)
- Ruby (red, seedless)
- Sugraone – aka: Superior (seedless)
- Thompson (green, seedless)

Grape Tomato – (vegetable)

Grapefruit - (fruit)

- Chinese (aka Pomelo)
- Flame (red)
- Henderson (red)
- Marsh Seedless (white)
- Marsh Ruby - white
- Mellogold – similar to the oroblanco but with thinner rind; meatier and sweeter
- Oro Blanco – means “White gold” in Spanish; cross between a pummelo and grapefruit; sweet juicy grapefruit flavor without the bitterness; yellow skin, thick rind and few seeds
- Pink
- Ray (red)
- Rio Red – Texas hybrid that have better color than the traditional Ruby
- Ruby
- Star Ruby – dark red color

Grapefruit, Chinese – aka: Pomelo, Siahinyu, Shar-Tien-Yoa. Bright yellow and very thick skin. Used in preserves (fruit)

Green Banana – aka: Plantain (fruit)

Green Plum – aka: Crabapple, Indian Jujube (fruit)

Green Pumpkin – aka; Calabaza (vegetable)

Greens - (vegetable)

- Arugula
- Beet Dandelion
- Beet Tops
- Broccoli Rabe
- Cabbage Sprout
- Chard
- Chicory
- Chinese Mustard Greens
- Collard
- Dandelion
- Fiddlehead

Field Kress  
Hanover  
Kale  
Kohlrabi  
Mustard  
Poke  
Rape  
Rapini  
Rocket  
Spinach  
Swiss Chard  
Turnip Tops

Grenadilla – aka: Passion Fruit, Barbadeen (fruit)

Grenoblase – a variety of red leaf lettuce (vegetable)

Ground Cherry – aka: Physallis (fruit)

Ground Tomatoes – aka: Tomatillo, Husk Tomatoes (vegetable)

Guaje – aka: Tepeguaje (vegetable)

Guanabana – aka: Sour sap (fruit)

Guava – aka: Feijoas, Guayaba – Small, round, green to yellow fruit with white/pink flesh. It is the fruit of an evergreen tree native to the tropical areas of the US. Tastes like a pineapple/strawberry (fruit)

Guavadilla – aka: Passion Fruit (fruit)

Guayaba – aka: Guava (fruit)

Gui Choy – aka: Chinese Mustard Greens, Gai Choi (Choy), Kai Choy (vegetable)

Gui Lon - aka: Chinese Broccoli (vegetable)

Guineo Verde – Green Banana (fruit)

Guineo Maduro – Green Banana (fruit)

Guinep – aka: Akee, Genip (fruit)

Gumbo – aka: Okra (vegetable)

Gun Jum (Gurn Jum) – aka: Lily Root (vegetable)

Gung Gurng – aka: Ginger Root (vegetable)

Guy Lon – aka: Chinese Broccoli (vegetable)

Habanero Pepper - (vegetable)

Habas – Fava Beans (Sp.) (vegetable)

Hairy Squash – aka: Jitqua (vegetable)

Hakusai – aka: Chinese Cabbage, Nappa (vegetable)

Hanover Salad – lettuce (vegetable)

Haricot Verts – aka: French Green Beans (vegetable)

Herbs:

Angelica – roots and fruits are used medicinally

Anise – aka: fennel; sweet licorice flavor

Arugula – mustard family; pungent, peppery, slightly smoky taste

Basil – green, purple – clove-like aroma and pungent taste

Bay leaves –

Caraway

Celeriac

Chervil – delicate flavor of parsley and mild licorice

Chives – mild onion and garlic flavor

Cilantro aka: coriander, recaon – assertive, sage-citrus flavor

Cipolino

Comfrey

Dill – baby, crown

Epazote – pungent flavor and strong camphor-like smell (usually used in Mexican food)

Fennel aka: Anise – mild licorice flavor and is traditionally used on fish

Fenugreek

Fiddlehead fern – not a species of fern but a growth stage of any fern – when the tip pokes up through the soil but has not begun to uncurl

Garlic chives

Ginger

Horseradish root – hot spicy taste

Italian parsley

Lemon Grass – aka: citronelle grass, Geranium grass

Marjoram – similar to oregano only sweeter and milder

Mint

Oregano

Parsley

Pennywort

Purslane

Rosemary – spicy, strong pine-like flavor

Sage – assertive, warm but slightly bitter taste; natural salt substitute

Salsify

Savory

Sorrel – sharp, sour, lemony taste; resembles spinach but has pale green arrowhead-shaped leaves

Tarragon

Thyme

Tumeric

Upland/Winter Cress

Verdulaga

Watercress

Homely Fruit - (fruit)

Honeydew Melon - (fruit)

Honeyloupe Melon - (fruit)

Hon Choy – aka: Chinese Spinach (vegetable)

Hontaka Chili – Fresh chili, smaller than Serrano (vegetable)

Hon Tsai-Tai – (vegetable)

Horse Bean – aka: Fava (vegetable)

Horseradish root – pungent hot taste (vegetable)

How Lon Dow – aka: China Peas, Sugar Peas, Sno Peas (vegetable)

Huaje – Snow Peas (Sp.) (vegetable)

Huanzotle - (herb)

Huckleberry – blue-black in color and has about 10 small hard seeds in the center; thicker skinned and less sweet than blueberries (fruit)

Husk Tomato – aka: Ground Tomato, Tomatillo (vegetable)

Ice Plant – (vegetable)

Iceberg – lettuce (vegetable)

Ilama – aka: Cherimoya (fruit)

Imbe – Plum-like, orange-red (fruit)

Indian Jujube – aka: Green Plum (fruit)

Indian Pumpkin – aka: Calabaza (vegetable)

Irish Moss – (herb)

Italian Endive – aka: Radicchio (vegetable)

Italian Flat Parsley - (vegetable)

Italian Red Pepper – aka: Pimiento (vegetable)

Jaboticaba – dark maroon skin with muscadine flavor (fruit)

Jackbean - (vegetable)

Jackfruit – (fruit)

Jalapeño – chili (vegetable)

Jambos – aka: Rose Apple (fruit)

Japanese Eggplant – similar to regular eggplant, except that its diameter is thinner, with a slightly milder and more delicate taste. (vegetable)

Japanese Fruit – aka: Asian Pear (fruit)

Japanese Pear – aka: Asian Pear (fruit)

Japanese Plum – aka: Loquat (fruit)

Japanese Quince – aka: Loquat (fruit)

Japanese Radish (Japanese Long White Radish) – aka: Daikon, Chinese Turnip, Mullangi (vegetable)

Jeet Quar – aka: Chinese Squash (vegetable)

Jengibre – aka: Ginger Root (vegetable)

Jenibre – aka: Ginger Root (vegetable)

Jerusalem Artichoke – aka: Sunchokes, Topi Tamboo, Chufle; member of the sunflower family cultivated especially for the root. (vegetable)

Jicama – aka: Chinese Potato, Chinese Yam, Fon Goot, Mexican Potato, Sicama Water Chestnut, Yam Bean Root (vegetable)

Jicama Fennel – aka: Fan Goot (vegetable)

Jit Qua (Jitqua) – aka: Hairy Squash (Chinese squash) (vegetable)

Judas' Ear – aka: Woodear Mushroom (vegetable)

Jujube – aka: Chinese Date; can be fresh, dried or canned (fruit)

Jute Nalta – (herb)

Kabocha Squash – aka: Japanese squash generic grouping for many strains of Japanese pumpkin and winter squash; flattened drum or turban shapes are deep green-skinned with a rich sweetness between sweet potato and pumpkin (vegetable)

Kachang Bean- aka: Wing bean (vegetable)

Kai Choy – aka: Chinese Mustard greens (vegetable)

Kalamansi – aka: Calomondin (fruit)

Kale – aka: Borecole Greens – large, hardy, curly, dark green leaf of the cabbage family (vegetable)

Karela – Used as a vegetable. Long with vertical ridges. Yellow/Orange color when ripe. Used mainly in stews (vegetable)

Kavamelon – member of the muskmelon family; taste of honeydew and texture of watermelon; about the size of a football (fruit)

Keriberry - black, sweet; comes from an evergreen plant that produces large berries year round (fruit)

Kidney beans - (vegetable)

Kirby – small pickling cucumber (vegetable)

Kiwano – sec melon (fruit)

Kiwi Fruit – aka: Chinese Gooseberry – Furry oval green/brown fruit with green flesh. Meat has tiny black seeds. Tastes like a strawberry/melon (fruit)

Kluey Banana - (fruit)

Knotroot – aka: Chinese Artichoke (vegetable)

Kochang Botor – aka: Wing Bean (vegetable)

Kohlrabi – aka: Cabbage Turnip – member of the cabbage family but with leaves like spinach and bulb similar to a turnip (vegetable)

Kudzu Root – aka: Yaka, Magnagna, Fan Kot ; resembles a sweetpotato but has very coarse, tough skin (vegetable)

Kujo – aka: Kuronoburi – Japanese bundling onion (vegetable)

Kulkas (Kulkus) – aka: Taro Root (vegetable)

Kumquat – aka: Desert Lemon; looks like small oranges. Skin is sweet, flesh is sour (fruit)

Kuwai – aka: Arrowhead (vegetable)

Lady Apple – light green mini apple which has a red blush and mild-sweet flavor (fruit)

Lady Avocado – aka: Avocado Cuke (vegetable))

Lady's Fingers – aka: Okra (vegetable)

Lambs Lettuce – aka: Mache (vegetable)

Lamb's Quarter – (herb)

Langsat/Lanseh - (fruit)

Lavender Gem – delicate, sweet pink-grapefruit flavor (fruit)

Lechuga – aka: Spanish Lettuce (vegetable)

Lee Chee – aka: Lichi, Lychee (fruit)

Leek – resembles an overgrown green onion (vegetable)

Lemon - (fruit)

Eureka –

Lisbon –

Meyer – thin skinned fruit; less tart than Eureka or Lisbon

Lemon Grass – aka: Citronelle Grass, Citronella Root, Geranium Grass (herb)

Lettuce - (vegetable)

Arrugula – aka: Roquette, Rocket Salad, Rugula

Bibb – aka: Limestone

Boston

Butterhead

Chave – aka: Sorrel

Chicory – aka: French Endive

Corn Salad – aka: Mache

Crisphead

Endive – aka: Italian (Radicchio, Red Verona Chicory), Belgium, French (Chicory, Witloof)

Escarole  
Field Lettuce  
Frisee  
Garden Cress – aka: Leaf Lettuce  
Green Leaf  
Iceberg  
Lamb's – aka: Mache  
Leaf – aka: Garden Cress – red  
Limestone – aka: Bibb  
Lolla Rosa  
Mache – aka: Lamb's  
Oak Leaf  
Radicchio- Italian Endive  
Red Boston  
Red Leaf  
Red Verona Chicory – aka: Italian Endive  
Rocket Salad – aka: Arrugula, Roquette  
Roselle  
Ruby Romaine  
Rugula – aka: Arrugula  
Russian Red Mustard  
Sorrel – aka: Sourgrass, Sour Spinach, Show Grass

Lettuce Fennel – aka: Field Salad (vegetable)

Lichi – aka: Leechee, Lychee, Litchi, Lichee, Lichi Nuts (fruit)

Licorice – aka: Anise, Sweet Anise (vegetable)

Lien Ngow – aka: Lily Root (vegetable)

Lily Root – aka: Lotus Root (vegetable)

Lima beans – aka: Butter Beans (vegetable)

Lime – aka: Limon Verde (fruit)

Bearss seedless – large, very juicy, seedless

Mexican – aka: key lime, small with seeds

Persian Tahiti

Rangpur – orange colored fruit is a sour mandarin, mellow lime sourness with mild orange flavor

Limon – Lemon or Lime (fruit)

Limon Verde – aka: Limes (fruit)

Limequat – cross between kumquat and lime (fruit). Yellow version known as Lemonquat

Lingon Berries - (fruit)

Linkok – (vegetable)

Lo Bok – aka: Mullangi, Chinese Turnip, Chinese Radish – short, stubby radish like root; similar to a Daikon in flavor and texture (vegetable)

Lo Pak – aka: Daikon (vegetable)

Loganberry – cross between blackberry and raspberry; deep red color with a medium sized seed and tart flavor (fruit)

Lokam – mandarin family; flat rounder shape with sweet savory taste (fruit)

Long Bean – aka: Asparagus Bean, Chinese Long Bean, Dow Gok, Dow Kok, Yard Long Bean (vegetable)

Long Root – aka: Burdock Root (vegetable)

Longan – round, brown and small with crispy, opaque flesh and a single large black seed. Not as sweet as a lychee (fruit)

Lony Root – aka: Burdock Root (vegetable)

Loquat – aka: Japanese Plum, May Apple, Japanese Medlar, Japanese Quince, Nispero cherry-like flavor; size is similar to apricots with skin that is pale yellow-orange and has a deep orange flesh (fruit)

Lotus Root – aka: Lily Root (vegetable)

Lychee – aka: Litchi, Leechee – resembles large strawberry with one brown stone in center (fruit)

Ma Taikoo – aka: Arrowhead (vegetable)

Mache – aka: Lamb's Lettuce – spoon-shaped with rounded green leaves and a sweet hazelnut taste; use fresh in salads or cook like spinach (vegetable)

Machos – aka: Plantain (fruit)

Magnagna – aka: Kudzu Root (vegetable)

Malanga – aka: Yautia – resembles taro root; rough brown skin; when cooked it has a nutty taste and texture of a soft potato (vegetable)

Malay Apple - (fruit)

Mamey Sapotes – aka: Mammee (fruit)

Mammee – aka: Mamey Sapotes, Tropical Apricot, Mammee Sapota, Mexican Custard Apple (fruit)

Mandarin – aka: Mandarin Orange, Clementine- tangerine family (fruit)  
 Fremont – bright reddish-orange peel, rich flavor, tender, juicy; some seeds  
 Honey  
 Jiao – yellowish orange, thick rough skin but easy to remove; fleshy, juicy  
 Kinnow – smooth skinned; deep orange to almost red  
 Lokam- sweet, savory  
 Pixie – small to medium with a bumpy rind; seedless, easy to peel and have a mild, sweet flavor.  
 Available March through May  
 Royal –

Mandarin Melon Berry – aka: Chinese Che, Chinese Mulberry, Cudrang, Mandarin Melon Berry, Silkworm Thorn (fruit)

Mange-Tout – aka: Sno Peas, Sugar Peas (vegetable)

Mango – skin is yellow, red, green with large single stone in center (fruit)  
 Aloha

Ataulfo  
Brooks  
Cambodiana  
Carabao  
Carrie  
Champagne  
Cooper  
Costa Rica  
Doubikin  
Earlygold  
Edgehill  
Edward  
Fascell  
Gouveia  
Haden  
Irwin  
Julie  
Keitt  
Kensington Pride  
Kent  
McPherson  
Manila  
Mulgoba  
Ott  
Pina  
Pirie  
Reliable  
Sensation  
T1  
Thomson  
Tommy Atkins  
Villasenor  
Van Dyke  
Winters  
Zill

Mango Squash – aka: Chayote Squash, Mirliton (vegetable)

Mangosteen – Mango family; shaped like grenade with purple color. Flesh is white (fruit)

Manioc – aka: Yuca, Cassava (vegetable)

Manzana – Apple (fruit)

Manzano – aka: Mexican Banana (fruit)

Mappo – aka: Ackee (fruit)

Marjoram – (herb)

Martynia – aka Unicorn Plant, Devil's Claw – Seed Pods are pickled (vegetable)

Marus – aka: Fuyu (fruit)

May Apple – aka: Loquats (fruit)

Mediterranean Squash – aka: Sequoia (vegetable)

Medlar – aka: Loquat (fruit)

Melogold – cross between a pummelo and a white grapefruit (fruit)

Melon - (fruit)

Ambrosia

Bitter – aka: Foo Gwa, Fooh Quar, Balsam Apple, Balsam Pear- a squash type melon

Canary

Cantaloupe

Casaba – sweet; rind will be ridged & golden yellow

Charantais

Charonte

Crenshaw – strong, spicy; netless rind will be softer at large end & emit a rich aroma; golden rind tinged with green

Derishi

Fuzz – Chinese squash

Galia – cross between honeydew and cantaloupe; light green meat

Hami (Hammy) – aka: Golden Queen; elongated oval shape with a yellowish green, web pattern surface; pulp is orange, fleshy

Honey Ball

Honey Dew

Honeyrock

Japanese

Juan Canary – sweet; will be firm – not too hard or too soft

Kharbouza

Kiwano – aka: Horned Melon

Korean

Leopard

Mayan

Muskmelon

Ogen

Orange-flesh honeydew

Pepino – aka: Melon Pear, Mellow Fruit; when ripe, the oval shaped fruit has a smooth, firm skin; color changes from green to yellow with purple stripes as it ripens; flavor is mildly sweet

Persian – delicate, rind will have a lighter green to reddish brown netting; ground spot will be pinkish

Russian

Santa Claus- similar to honeydew

Sharlyn

Spanish

Sprite

Temptation

Watermelon (seeded and seedless)

Winter – aka: Tung Qua, Togan, Dong Qua, Doong Qua – pumpkin like melon with frosty greenish skin

Xiqua

Yellow-flesh watermelon

Melon (Mellow) Fruit – aka: Melon Pears, Pepino (cucumber)

Melongene – aka: Aubergine, Thai Eggplant, Brinjal, Apples of Love, Garden Egg, Belanger, Baigan (fruit)

Mercot – Cross between Tangerine and Apricot. Looks like a tangerine (fruit)

Mexican Custard Apple – aka; Mammee (fruit)

Mexican Parsley – aka: Cilantro (herb)

Mexican Potato – aka: Jicama (vegetable)

Mineola Tangelo – sweet juicy citrus (fruit)

Mint – (herb)

Mirliton – aka: Chayote Squash, Mango Squash (vegetable)

Mizuna – salad greens (vegetable)

Mo Qua (Mo Gwa, Mo Gua) – aka: Chinese Squash, Fuzzy Squash (vegetable)

Monstera Deliciosa – aka: Ceriman. shaped like a cucumber; tastes like a cross between a banana and a pineapple (fruit)

Mooli – (vegetable)

Morel – large pitted edible fungus (vegetable)

Mow Gwa (Moqua) – aka: Chinese Squash, Fuzzy Squash (vegetable)

Mulberry - (fruit)

Mullangi – aka: Lo Bok, Dai Kon, Japanese Radish, Chinese Turnip (vegetable)

Mung – aka: Bean Sprouts, Ngah Choi (vegetable)

Muntingias - (fruit)

Murcott – aka Tangerine (fruit)

Mushrooms - (vegetable)

- Agaricus Bisporus – aka: Button
- Abalone oyster – aka: Petit Pluierotte
- Black Forest – aka: Shitake
- Black Fungus – aka: Woodear
- Chanterelle – aka: Girolle; earthy flavor and must be cooked before eating; flower or trumpet shaped with a chewy texture; available January through March
- Crimini – aka: Golden Italian, Italian Brown
- Daki – aka: Enoki
- Enoki – aka: Snowpuff- white, flowerlike mushroom
- Girolle – aka: Chanterell
- Hedgehog – sweet, hearty flavor and a firm chewy texture; best when cooked
- Hon shimeji – aka: Japanese Honey Mushroom; tiny brown button capped mushrooms are joined in a clump at the base; lobster-like flavor; used in Asian dishes
- Judas' ear – aka: Woodear
- Lobster- large bright red; slightly seafood-like flavor and scent; best when cooked
- Maitake – aka: Hen of the Woods; silvery fronds, unique taste and smell, must be cooked before eating
- Matsutake
- Morels – large pitted edible fungus
- Mousseron
- Oyster – aka: Tree Oyster, Pleurotus
- Porcini – aka: Cepes or Boletus – slightly woody, nutty flavor; must be cooked before eating;

commonly used as a garnish with meats either sauteed or in a cream sauce

Portobello

Shitake – aka: Black Forest, Tree Mushroom, Golden Oak - steak-like taste

Tree mushroom – aka: Shitake

White trumpets- aka: Angel Trumpets; hybrid of the Oyster; large white with a frilly trumpet shape and earthy taste

Wood ear -- aka: Judas' Ear, Black Fungus

Yamabiko Honshimeji

Muskmelon - (fruit)

Mustard - (vegetable)

Chinese

Greens – pungent flavor; young leaves can be used in salads; can be cooked, steamed or as a garnish. If used raw exceptionally rich in vitamin C

Spinach

Nagaimo – chinese root type potato (vegetable)

Nam Doc Mai - (fruit)

Name -- aka: Yam (vegetable)

Napa (Nappa) – aka: Chinese Cabbage, Sui Choy, Won Bok, Pe-Tsai, Shew Choy, Siew Choy (vegetable)

Naranja – Orange (fruit)

Naseberry -- aka: Sapodilla (fruit)

Nashi Apple – aka: Asian Pear (fruit)

Nasube – aka: Japanese Eggplant (vegetable)

Natal Plum - (fruit)

Nectarine - (fruit)

August Red

Fantasia

Flamekist

May Glo

Maytine

Mayground

Fairlane

July Red

Red Diamond

Red Jim

September Red

Sparkling Red

Spring Red

Summer Bright

Summer Fire

Summer Grand

New Coco Yam (Yum) -- aka: Acum (vegetable)

Ngah Choi – Bean Sprouts, Mung (vegetable)

Nir Grass – aka: Chinese Chives (vegetable)

Nira – aka: Chinese Greens (vegetable)

Nispero – aka: Loquat (fruit)

Nopales – aka: Cactus Leaves (pads) (vegetable)

Nopalitos – chopped cactus leaves (vegetable)

Noni – aka: Indian Mulberry (fruit)

Nori – edible seaweed (vegetable)

Oca – prized for their brilliant colors of red and white, as well as their delicious, slightly acidic flavor; said to taste like potatoes that don't need sour cream (vegetable)

Okra – aka: Lady's Fingers, Gumbo – pod which resembles a chili (vegetable)

Okra, Chinese – aka: Sing Kuar, Sing Qua, Sing Qwa – dark green and heavily ridged (vegetable)

Old Coco Yam – aka: Taro Root, Malanga (vegetable)

Olive, Fresh - (vegetable)

Ong Choy - (vegetable)

Onion - (vegetable)

Amerisweet

Bermuda

Carzala Sweet

Cippolini – related to shallot, onion, garlic family - sweet

Green – aka: scallions

Italian Red – mild sweet

Maui Sweets – mild, sweet

Mayab Sweet

Oso Sweet – mild sweet

Pearl – Sweet, white, miniature onions

Spanish Sweet – mild sweet

Supersweet

Sweet Imperial – mild sweet

Texas 1015 Super Sweet – mild, sweet

Vidalia – sweet, mild

Yellow – aka: cebolla

Walla Walla – mild sweet

White

Opo Squash - (vegetable)

Oro Blanco – cross between a pummelo and grapefruit; slightly larger than a grapefruit with a thicker rind (fruit)

Orach – aka: Mountain Spinach (vegetable)

Orange – aka: Naranja, Tim Chang, Saihiua (fruit)

Blood Orange – less acidic than regular oranges

Cara Cara – navels that have a reddish-pink flesh and a rich orange flavor with overtones of raspberry and strawberry. Available December through May

Chinese Navel

Hamlin

Jaffa – aka: Shamouti; spring ripening; few seeds, sweet, juicy; easy to peel

Mandarin (aka Satsuma)

Moro Blood Orange – rich burgundy color; distinctive aroma; exotic berry like flavor

Navel - seedless, easy to peel

Pineapple

Sanguinelli Blood Orange – rind blushed deep red; flesh red flecked to beet red; tart spicy flavor; few seeds

Seville – looks like a sweet orange, but flavor is sour & bitter; used to make marmalade

Shamouti – aka: Jaffa; popular eating orange in Europe; fragrant, sweet and juicy; easy to peel

Trovita – few seeds; spring ripening

Valencia – summer ripening; juice orange, sweet

Oregano – aka: Wild Marjoram (herb)

Oriental Garlic – aka: Chinese Chives

Oriental Pear – aka: Asian Pear (fruit)

Oriental Radish – aka: Daikon (vegetable)

Oro Blanco – Cross between pummelo and grapefruit (fruit)

Oyster Mushroom – aka: Tree Oyster (vegetable)

Oyster Plant – aka: Salsify, Vegetable Marrow, Goatsbread, Vegetable Oyster, Scorzonera (vegetable)

Paak-Ts'oi – aka: Bok Choy (vegetable)

Pain Bois – aka: Breadfruit (fruit)

Pak Choy (Pak Choi, Patchoi) – aka: Bok Choy, Chinese Chard (vegetable)

Palm Cabbage - (vegetable)

Palm, Edible - (fruit)

Guadalupe

Jelly Palm

Chilean Wine Plum

California Fan Palm

Panapas - (fruit)

Papapen - (fruit)

Papas – aka: Irish Potato (vegetable)

Papaya – aka: Paw Paw – skin is yellow when ripe; inside has small black seeds contained in a hollow with surrounding flesh pale orange (fruit)

Kamiya

Mexican Red

Mexican Yellow

Solo

Sunrise  
Sunset  
Vista Solo  
Waimananolo

Parcha - (fruit)

Parchinne – tiny heads of red cabbage (vegetable)

Parrot Banana – aka Berico (fruit)

Parsley - (herb)

Chinese – aka: culantros  
Italian Flat  
Mexican – aka: culantro  
Root

Parsnips - (vegetable)

Pasa de Corinto – aka: Currant (fruit)

Pasilla Chili – (vegetable)

Passion Fruit – aka: Granadilla, Grenadilla, Barbadeen, Guavadilla, Sweet Giant, Pomme de Liana – wrinkled, dark purple fruit about the size of an egg; inside the fruit is yellowish with small black seeds (fruit)

Patty Pan Squash – aka: Scallop, Cymling, Custard Marrow, Button (vegetable)

Paw Paw – aka: Papaw, confused with Papaya but are botanically different; sweet taste that resembles a cross between a banana and a pear (fruit)

Pea Pods – aka: Sno Peas (vegetable)

Peach – aka: Melocoton, Durazno (fruit)

Clingstone  
Donut  
Freestone  
Elegant Lady  
Fairtime  
Flavorcrest  
June Lady  
May Crest  
O'Henry  
Queencrest  
Redtop  
Rich Lady  
Ryan Sun  
Spring Lady  
Summer Lady

Pear, Asian – aka: Japanese Pears, Pear Apples, Chales, Shales, Oriental Pears – round shape (1-3 inch diameter) with russeted texture (fruit)

Pear - (fruit)

Anjou – spicy, sweet, juicy  
Apple – irregular circular shape, greenish yellow with red cloudy pattern, crispy, sweet-sour taste

Asian  
Bartlett, Red – sweet, delicately spicy  
Bosc – buttery, nutty  
California Sugar Pear  
Comice – sweet  
Early Matured Pear – aka: Su pear; sweet, juicy  
Fragrant- sweet, juicy, unique shaped and jade green in color  
Japanese (aka Asian Pear)  
Precosia  
Royal – massive, shiny, pale yellow, slightly white, white pulp, crispy, sweet  
Seckel – sweet  
Shandong – medium size, inverted oval shape, pulp coarse but crispy, juicy, sweet-sour taste  
Starkrimson  
Taylor's Gold  
Ya – inverted oval shape, thin skin, looks a little rusty, white pulp juicy, sweet  
Winter Nellis

Pear, Prickly – aka: Cactus Pear, Tuna Fruit – flesh is purple with small prickles on outside skin (fruit)

Pear Apple – aka: Asian Pear (fruit)

Peas - (vegetable)

Black-eyed – aka: Cowpeas  
Chick – aka: Garbanzo Beans  
French – aka: Sugar Peas, Snow Peas  
Green – aka: Sweet Peas, English Peas – large pod bulges away from pea inside  
Pea pods – aka: Snow Peas, Sugar Peas  
Pigeon – aka: Congo Peas, Gandules Peas, Cajanus  
Snap – aka: French Peas – edible podded peas  
Snow Peas – aka: French Peas, China – fat with immature appearing peas  
Southern -  
Sugar Snap – aka: Sit Dow, Soot Dow, Mange-Toot, French Peas – cross between a snow pea and a green pea

Pemolo, Honey – Broad pear shape, with a round, slightly pointed bottom, pale yellowish green in appearance, smooth surface, thin skin, fleshy, juicy (fruit)

Pennywort – aka: Gotu Kola (herb)

Pepino - aka: Mellow Fruit, Tree Melon – Spanish for cucumber (vegetable)

Pepper - (vegetable)

Black bell  
Green bell  
Golden bell  
Pimiento – aka: Red Italian Pepper  
Red bell

Pepper, Chili – See Chili Peppers (vegetable)

Pera – Pear (fruit)

Persimmon – aka: Fuyu, Haru – bright orange and slightly pointed; eat when fully ripened (fruit)

Chocolate  
Eureka  
Gailey

Hachiya  
Honan Red  
Hyakume  
Imoto  
Izu  
Fuyu  
Jiro  
Maekawajiro  
Maru  
Nishimura  
Okugosho  
Saijo  
Sharon  
Suruga  
Tamopan  
Tanenashi  
Triumph  
Wase

Pe-Tsal (Pe-Tsoi) – Nappa (vegetable)

Physalis – aka: Cape Gooseberries, Ground Cherry; size of a large grape; smooth-skinned and golden-yellow flesh (fruit)

Pigeon Pea – aka: Gandules (vegetable)

Pimiento – aka: Italian Red Pepper (vegetable)

Pin Koi – aka: Apple (fruit)

Pineapple – aka: Ananas, Nanas, Piñas (fruit)

Hilo  
Kona Sugarloaf  
Natal Queen  
Pernambuco  
Red Spanish  
Smooth Cayenne

Pineapple Guava – aka: Feijoas (fruit)

Pippin – resembles an apple with smooth, green texture (fruit)

Pitaya/Pitahaya - oblong or oval in shape with bright pink or red skin; flesh is white, juicy and filled with several tiny seeds (fruit)

Pitisilen – aka: Arrow Root (vegetable)

Plantain – aka: Machos, Cooking Banana, Platano – large, green banana with rough blemished skin; used as a vegetable. Never eaten raw. (fruit)

Platano – aka: Cooking Banana, Plantain, Machos (fruit)

Plum - (fruit)

Angeleno  
Blackamber

Black Beauty  
Burmosa  
Casselman  
El Dorado  
Fortune  
Friar – firm with smooth skin; deep black when ripe; small pit  
Italian Prune – firm with smooth skin; deep purple with red blush  
Kelsey – firm with smooth skin; yellow-red when ripe  
Laroda  
President  
Red Beauty  
Santa Rosa  
Simka  
Stanley  
Tragedy

Plumcots – aka: Pluot. Cross between plum and apricot; has red flesh and purple skin (fruit)

Poi – aka: Taro Root (vegetable)

Poke Greens - (vegetable)

Polynesian Potato – aka: Taro (vegetable)

Pomegranate – aka: Chinese Apple (fruit)

Pomelo (pummelo) – aka: Chinese Grapefruit, True Grapefruit; largest of the citrus fruits with a shape that can be fairly round or slightly pointed at one end; sweeter than a grapefruit (fruit)

Pomentos - (fruit)

Pomme de Liana – aka: Passion Fruit (fruit)

Potato - (vegetable)

Boniato  
Chinese – aka: jicama  
Fingerling  
Irish – aka: Papas  
Mexican – aka: Jicama  
Purple  
Red  
Russet  
Sweet – lighter flesh than yam – aka: Batatas, Boniatos  
Yam – Rougher skin with yellow-orange flesh  
Yellow Finnish  
Yukon Gold

Pousse – salad greens (vegetable)

Prickly Pear – Cactus Pear, Tuna Fruit (fruit)

Prune (fresh) - (fruit)

Pulla – fresh chili (vegetable)

Pummelo – aka: Pomelo, Chinese Grapefruit (fruit)

Pumpkin - (vegetable)

Connecticut field

Green – aka: Calabaza

Howden

Indian – aka: Calabaza

Mammoth

Purslane – can be eaten raw in salads (vegetable)

Purslanem – aka: Verdolaga (vegetable)

Quenapa - (fruit)

Quince – (fruit)

Pineapple – looks like a misshapen apple. Pale yellow when ripe cook before using

Perfumed – shaped like a mini football with smooth, yellow skin; white flesh which is very tart

Japanese -

Radicchio – aka: Italian Endive, Red Verona Chicory – heads and leaves are crisp with a bittersweet flavor similar to Belgian endive and escarole (vegetable)

Radichetta – aka: Chicory (vegetable)

Radish - (vegetable)

Black – large black skinned; strongly resembles rutabaga or turnip; pungent flavor

Chinese – daikon

Clover radish Sprouts

Japanese long white

Rakkyo – similar to onion (vegetable)

Rambutan – oval fruit (fruit)

Rampion – Roots and tops are eaten (vegetable)

Rape – a variety of green (vegetable)

Rapini – aka: Broccoli Raab, Chinese flowering cabbage; dark green, chard-like leaves on a stalk and a slightly bitter taste. (vegetable)

Raspberries - (fruit)

Rambutan - (fruit)

Recao – Spanish Coriander (herb)

Red Verona Chicory – aka: Italian Endive (vegetable)

Reticulata – aka: Cherimoya (fruit)

Rhubarb – (fruit)

Rocket Salad – aka: Arrugula, Roguette, Rugula – native of the Mediterranean region; related to mustard (vegetable)

Rocoto – Apple-size red fruit (fruit)

Roquette (Roquette) – aka: Arrugula, Rocket Salad (vegetable)

Romaine - (vegetable)

Romanesco – yellow-green in color, is a decorative cauliflower made of tightly packed small turrets; cooks quickly and has a mild taste (vegetable)

Roquette – aka: Rocket Salad (vegetable)

Rose Apple – aka: Jambos (fruit)

Roselle – aka: Jamaican Sorrell (vegetable)

Rosemary – (herb)

Rugula – aka: Arrugula (vegetable)

Rutabaga – aka: Turnips (vegetable)

Sage – (herb)

Saihua – aka: Orange (fruit)

Saihinyu - (fruit)

St. John's Bread – aka: Breadfruit, Carob (fruit)

Salad Savoy – open headed leafy; closely related to kale and cabbage (vegetable)

Salicornia – a green succulent that grows near salt marshes; resembles baby aloe, jointed together cactus style; crunchy and salty (vegetable)

Salsa Mix – (tomatillos, chile, & shallot) (vegetable)

Salsify – aka: Vegetable Oyster, Oyster Plant, Goatsbeard; flavor is similar to oysters; gray/white root resembles parsnips with heavy grassy tops (vegetable)

Sang Geong (Sang Gurng, Sang Guzng, San Gurng) – aka: Ginger Root (vegetable)

Sapodilla – aka: Zapota, Naseberry (fruit)

Sapota/Sapote – aka: Cherimoya, Custard apple (fruit)

Sapotaceae – aka: Miracle Fruit, Miracle Berry (fruit)

Satsuma - aka: Mandarin, seedless; easy to peel (fruit)

Savoy – cabbage (vegetable)

Savory – (herb)

Scallions – aka: Green Onions (vegetable)

Scallop Squash – aka: Patty Pan (vegetable)

Scallopini – squash; cross between Zucchini and Patty Pan (vegetable)

Scarlet runner – aka: white Dutch Runner Bean (vegetable)

Scolymus – aka: Globe Artichoke (vegetable)

Scorzonera – aka: Black Salsify; similar flavor to the white variety (vegetable)

Sea Bean – looks like sea coral (vegetable)

Sea Weed, Edible – aka: Dulse (vegetable)

See Goo – aka: Arrow Root (vegetable)

Seedless Avocado – aka: Avocado Cuke (fruit)

Sequalca – aka: Mediterrean Squash (vegetable)

Serch – aka: Lemon Grass (herb)

Serrano – fresh chili (vegetable)

Sha – Koo – aka: Arrowhead (vegetable)

Sha-Lea (Shalea) – aka: Apple Pear (fruit)

Shaddock – aka: Pummelo (fruit)

Shales – aka: Asian Pear (fruit)

Shallots (Echalotes) – a cross between Garlic and Onion (vegetable)

Shamouti – aka: Jaffa - popular eating orange in Europe; fragrant, sweet and juicy, easy to peel (fruit)

Sharon Fruit – sweet tasting fruit from Israel; resembles a persimmon; seedless, can be eaten like an apple (fruit)

Shar-Tien-Yoa – aka: Coachella (fruit)

Shew Choy – Nappa, Napa (vegetable)

Shin Ki Ku – aka: Chrysanthemum Leaves (vegetable)

Shitake – aka: Black Forest Mushroom, Golden Oaks, Trec Mushroom (vegetable)

Siahinyu – aka: Chinese Grapefruit (fruit)

Sicama Water Chestnut – aka: Jicama (vegetable)

Siew Choy – Napa, Nappa (vegetable)

Sing Gwa (Sing Kuar, Sing (Sin) Qua) – aka: Chinese Okra (vegetable)

Sit Dow – aka: Sugar Peas, Snow Peas (vegetable)

Skirret – sweet edible root (vegetable)

Slew Choi – aka: Chinese Cabbage (vegetable)

Snap Beans – aka: Green Beans (vegetable)

Snap peas – aka: Pea Pods, French Peas (vegetable)

Sno Peas (Snow Peas) – aka: Sugar Peas, Pea Pods, China Peas, How Lon Dow, Soot Dow (vegetable)

Snow Grass – aka: Sorrel (vegetable)

Snow Puff – aka: Enoki Mushroom (vegetable)

Sontaka – fresh chili (vegetable)

Soot Dow – aka: Sugar Peas, Snow Peas (vegetable)

Sorrel – aka: Chave, Sour Grass, Sour Spinach, Snow Grass; spinach type vegetable used in making Borscht (vegetable)

Sour Cabbage - (vegetable)

Sour Grass – aka: Sorrel (vegetable)

Sour Sop – aka: Guanabana – oval, heartshaped or oblong fruit has deep green skin with many short, fleshy spines; flesh is white, juicy and aromatic; texture is somewhat cotton like. Embedded with brown seeds similar to those of the cherimoya; flavor like pineapple and mangoes. (fruit)

Sour Spinach – aka: Sorrel (vegetable)

Soy Bean - (vegetable)

Spanish Coriander – aka: Recao (herb)

Spanish Limes – Similar to Lychee or Longan. Green-brown skin and milky pulp. (fruit)

Spanish Pumpkin – aka: Calabaza (vegetable)

Spearmint – (herb)

Spinach - (vegetable)

Chinese: aka: Chan Ho, Hon Choy, Chor Bor Choy

Dock

Flat Leaf

New Zealand – dark green leaves have a slight fuzz; flavor is mellow when cooked

Savoy types

Semi-savoy

Sprouts - (vegetable)

Alfalfa

Bean

Clover – radish

Daikon – radish

Stir fry

Sunflower

Soybean

Squash - (vegetable)

Acorn – aka: Des Moines, Danish, Table Queen – hard shell, winter  
Australian Blue – hard shell, winter  
Banana – large hard shell, winter  
Bittergourd  
Boheman – aka: Delicata – hard shell, winter  
Bottle  
Buttercup – hard shell, winter  
Butternut – hard shell, winter  
Calabaza – large, hard shell, winter  
Chayote – soft shell, summer  
Chinese – aka: Fuzz Melon, Mo Gua, Jeet Quar, Mo Gwa, Hairy Squash, Fuzzy Squash, Jit Qwa  
Crocket – yellow – soft shell, summer  
Cucuzza – soft shell, summer  
Danish – aka: Acorn  
Delicata – aka: Bohemian, hard shell, winter  
Des Moines – aka: Acorn  
Fuzzy – aka: Chinese Squash  
Globe Squash – green with white stripes  
Gold Nugget – Oriental mini pumpkin – small hard shell, winter  
Greens  
Hairy – aka: Chinese  
Hubbard – blue and gray, large hard shell, winter  
Italian – aka: Zucchini, summer  
Kabocha – aka: Japanese, small hard shell, winter  
Mediterranean – aka: Sequalca, large hard shell, winter  
Mushroom – similar to zucchini; white, mushroom shaped pumpkin  
Opo  
Patty Pan – soft shell, summer  
Scallopini – cross between zucchini and patty pan, soft shell, summer  
Sequalca – aka: Mediterranean  
Spaghetti – large yellow squash; when cooked, flesh can be pulled out like spaghetti, large hard shell, winter  
Sunburst – soft shell, summer  
Sweet dumpling – similar to acorn squash, small hard shell, winter  
Sweet mama – aka: Sweet Meat  
Sweet meat  
Table queen – aka: Danish, Acorn, Gold, small hard shell, winter  
Tahitian – resembles Butternut with large crescent shape; deep green to golden yellow when ripe:  
can be eaten raw like a melon or cooked like a squash  
Turban – aka: Turk's Turban, oval shape and apple green color. Average 4 inches long, small hard shell, winter  
Yellow - straightneck, soft shell, summer  
Zucchini – aka: Italian; soft shell, summer

Star Apple – aka: Caimito (fruit)

Star Fruit – aka: Carambola (fruit)

Stem Lettuce – aka: Celtuce (vegetable)

Strawberry - (fruit)

Strawberry Tomato – aka: Cape Gooseberry (fruit)

String beans – aka: Green Beans (vegetable)

Sugar Apple – aka: Cherimoya, Sapota, Custard Apple; resembles the soursop in appearance and the cherimoya in composition (fruit)

Sugar Cane – aka: Caña, outer bark is brown and flesh is white; sweet texture is chewy and juicy (fruit)

Sugar Peas – aka: Sno Peas, Pea Pods (vegetable)

Sugar Snap Peas – aka: Snow Peas, Pea Pods (vegetable)

Sui Choy – aka: Nappa, Napa (vegetable)

Sunchokes – aka: Chufle, Jerusalem Artichokes, Topi Tamboo – root vegetable with gnarled knobby appearance. Nutty tasting (vegetable)

Sun Coya - aka: Cherimoya, Sapota (fruit)

Surinam Cherry – aka: Barbados Cherry (fruit)

Suto (Sato) Imo (Suto Imo Malanga) – aka: Taro Root, (vegetable)

Swedes – (vegetable)

Sweet Anise -- aka: Fennel, Licorice (vegetable)

Sweet Dumpling – squash (vegetable)

Sweet Giant -- aka: Granadilla, Passionfruit (fruit)

Sweet Mama Squash – aka: Sweet Meat (vegetable)

Sweet Meat Squash -- aka: Sweet Mama (vegetable)

Sweet Peas - aka: Green Peas (vegetable)

Sweet potato – aka: Batas, Boniatos, Batata (vegetable)  
 Beauregard  
 Centennial  
 Hernandez  
 Garnet  
 Jersey  
 Jewel  
 Georgia Reds  
 Nema Gold  
 Puerto Rico  
 Velvets

Sweet Potato Squash – aka: Delicata Squash (vegetable)

Sweet Sop – aka: Cherimoya, Sapota, Sugar Apple (fruit)

Table Queen Squash – aka: Acorn, Danish Squash, Des Moines (vegetable)

Tacca – aka: Arrowroot, Jicama (vegetable)

Tahi Eggplant – aka: Aubergine (vegetable)

Takrai – aka: Lemon Grass (herb)

Take Noko- Bamboo Shoots (vegetable)

Tallon – aka: Chayote (vegetable)

Tallote – aka: Chayote (vegetable)

Tamarillos – aka: Tree Tomatoes (New Zealand), Indian, Mexican; deep red color; egg shaped; 3 varieties – red is tart and has reddish-golden flesh, while gold and amber are mildly tart with golden flesh. Flesh is bitter, almost meaty; best when cooked, skin should be peeled before cooking (fruit)

Tamarind – aka: Tamarindo - used for flavorings in curries and tropical drinks. It is the pod of a large tropical tree grown in the West Indies and Asia. Inside the pod are several compressed seeds surrounded by a brown sweet/sour pulp. (fruit)

Tampala – (vegetable)

Tangelo – cross between a tangerine & grapefruit (fruit)

Minncola

Orlando

Tangerine - (fruit)

Algerian - seedless

Dancy – seeded

Delite – late season, sweet mandarin that is easy to peel and acid free; available March through April

Fairchild – seeded

Honey

Tangors – cross between a tangerine and orange (fruit)

Clementine

Temple – seeded

Satsuma

Tania (Tannia, Tanier, Tanna) – aka: Acum, Yautia, Taro Root (vegetable)

Tapioca Root – aka: Yuca, Cassava (vegetable)

Taro (Taro Root) – aka: Old Coco Yam, Dasheen, Eddoe, Kulkus, Poi, Polynesian Potato, Suto Imo (Malanga), Tania, Tannia, Tanier, Woo Doi, Woo Two, Yamucimo; potato like root (vegetable)

Taro Leaves – aka: Calaloo, Calalu, Callaloo (vegetable)

Taro Shoot – (vegetable)

Tarragon – (herb)

Thai Eggplant – aka: Aubergine, Brinjal, Melongene, Apples of love (fruit)

Thyme – (herb)

Ti De Lemon – aka: Lemon Grass (herb)

Tim Chang – aka: Orange (fruit)

Tindora – (vegetable)

Togan -- aka: Don Qua, Winter Melon (vegetable)

Tomatillo -- aka: Ground Tomato, Husk Tomato – a Mexican sauce tomato; small hard green tomato (vegetable)

Tomato - (vegetable)

Beefsteak

Belgian

Cherry

Currant

Grape

Plum

Roma

Teardrop - yellow

Vine (cluster)

Too-a-poo -- aka: Wing Bean (vegetable)

Topepo – hybrid cross between the tomato and Chinese sweet pepper (vegetable)

Topi Tamboo – aka: Jerusalem Artichoke (vegetable)

Tree Melon – aka: Pepino; a type of cucumber (vegetable)

Tree Mushroom – aka: Black Forest, Golden Oaks, Shitake (vegetable)

Tree Oyster Mushroom – aka: Oyster Mushroom (vegetable)

Tree tomatoes – aka: Tamarillos (vegetable)

Tropic Cherry – aka: Capulin Cherry (fruit)

Tropical Apricot – aka: Mammee (fruit)

True Grapefruit – aka: Pomelo (fruit)

Truffle – mushroom (vegetable)

Tsuru – Reishi- aka: Bitter Melon (vegetable)

Tuna Fruit – aka: Prickly Pear, Cactus Pear (fruit)

Tung Qua – aka: Winter Melon (vegetable)

Turban Squash – aka: Turk's Turban (vegetable)

Turk's Turban – aka: Turban Squash (vegetable)

Turmeric Root – aka: Yellow Ginger Root (vegetable)

Turnip: (vegetable)

Chinese – aka: Daikon, Mullangi; a type of radish

## Greens

20<sup>th</sup> Century Pear – aka: Asian Pear (fruit)

Udo – a Japanese plant with blanched edible shoots resembling celery (vegetable)

Ugly Fruit -- size of grapefruit; peel is extremely rough and disfigured with light green blemishes which turn orange when ripe. Has sweet orange flavor (fruit)

Unicorn Plant -- (vegetable)

Uniq Fruit – cross between a tangerine and grapefruit; thick, loose skin peels easily to reveal sweet yellow-orange sections with few seeds (fruit)

Uva – Grape (Sp.) (fruit)

Vegetable Marrow – aka: Oyster Plant, Chayote (vegetable)

Vegetable Oyster – aka: Oyster Plant, Salsify, Goatsbread (vegetable)

Vegetable Pear – aka: Chayote Squash (vegetable)

Verdolaga -- aka: Purslanem, Fatweed; spoon shaped thick green leaves (vegetable)

Wampee/Wampi - small, spherical and about 1 inch in diameter with yellow or yellow-brown translucent skin; flesh is white and jelly-like with a tart taste (fruit)

Water Chestnuts -- brown skinned bulb with white flesh (vegetable)

Water Convolvulus - (vegetable)

Watercress - (herb)

Watermelon - (fruit)

- Allsweet
- Charleston Grey
- Crimson Sweet
- Hybrid (seedless)
- Icebox
- Jubilee
- Klondike
- Peacock
- Triploid Hybrid
- Yellow meat

Wheat Berry Nuggets -- sprouted wheat (vegetable)

Wheat Grass – a breath freshener; can be juiced or chew blades (herb)

White Cabbage – aka: Bok Choy (vegetable)

White Dutch Runner – aka: Scarlet Runner (vegetable)

White Sapote - (fruit)

White Sweet Potato – aka: Boniato (vegetable)

Windsor Bean – aka: Fava Bean (vegetable)

Wing bean – aka: Asparagus Pea, Four Angled Bean, Goa Bean, Kachang Botor, Too-a-Poo (vegetable)

Winter melon – Don Qua, Togan, Tung Qua, large, green member of the muskmelon family can weigh up to 30 pounds; resembles a large honeydew with flavor similar to zucchini; should be cooked briefly and is used in stir-fry dishes and soups (vegetable)

Winter radish – aka: Black Radish (vegetable)

Witloof – aka: Endive (vegetable)

Wombok (Won Bok) – aka: Nappa, Napa (vegetable)

Wonderberry - (fruit)

Wong Nga Paak – aka: Celery Cabbage (vegetable)

Woo Doi (Woo two) – aka: Taro Root (vegetable)

Wood Ear Mushroom – aka: Judas' Ear, Black Fungus (vegetable)

Xoconosle – Mexican Pear (fruit)

Yacon – Root (vegetable)

Yaka – aka: Kudzu Root (vegetable)

Yam - (vegetable)

Boniato

Chinese yam – aka: Fon Gost, Jicama

Coco Yam

Cush Cush

Greater Yam

Lesser Yam

Name

Yam Bean - (vegetable)

Yam Bean Root – aka: Jicama (vegetable)

Yamaimo (Yamicino) – aka: Taro Root (vegetable)

Yantia – root type potato (vegetable)

Yard Long Bean – aka: Asparagus Bean, Long Bean (vegetable)

Yautia – aka: Acum, Chou Curaibe, New Coco Yam, Tania, Tanier, Tannia, Yautia Leaves, Tallaloo, Calalu, Colaloo (vegetable)

Yauita Leaves – aka: Yauita (vegetable)

Yeen Sai – aka: Chinese Parsley, Cilantro, Mexican Parsley (herb)

Yellow Beans, Yellow Eyed Beans - (vegetable)

Yellow Finnish – potato (vegetable)

Yellow Ginger (Yellow Ginger Root) – aka: Turmeric Root Herb (vegetable)

Yellow Mombin – small, yellow (fruit)

Yellow Raspberry - (fruit)

Yu Choy – aka: Chinese Broccoli (vegetable)

Yuca – aka: Brazilian Arrowroot, Cassava, Manioc, Tapioca Root, Aypu, Boniato; pink to brown color root with a white potato like flesh (vegetable)

Yun Sai – aka: Chinese Parsley (vegetable)

Yuquilla – aka: Arrowhead, Jicama (vegetable)

Yuzu – a Japanese citrus fruit (fruit)

Zapota – aka: Sapodilla, Sapote, Sapota (fruit)

Zingiber – aka: Ginger Root (vegetable)

Zucchini - (vegetable)