

MASTER LIST OF TYPES

This classification system is based on the knowledge that gardeners and cooks have. While it does generally follow botanical nomenclature, it does group some unrelated plants by usage, such as Flowers, Herbs and those whose leaves are cooked and eaten, the Spinaches.

All plants are classified by individual type, or within a group type. This has been done because some plants can easily be grouped, e.g., the beans, whereas others, like the first two on the list, have little that is easily determined to be in common with other plants.

Artichoke (Globe) *Cynara scolymus* ASTERACEAE

Asparagus *Asparagus officinalis* LILIACEAE

Bean FABACEAE

Adzuki *Phaseolus angularis*

French *Phaseolus vulgaris*

- Dwarf or Climbing

- Used Dry-shelled (Borlotti, Kidney, Haricot),

- Used Green-shelled or

- Used Green Snap (Zebra, Epicure, Kentucky Wonder)

Broad *Vicia fava*

Hyacinth (Tongan or Poorman's Bean) *Dolichos lab lab* var *niger*

Lima (include Madagascar which are usually brown or maroon speckled) *Phaseolus lunatus*

Runner include Scarlet Runner *Phaseolus lunatus* or *P. coccineus*

Snake *Vigna unguiculata* var. *sesquipedalis*

Sword *Canavalia gladiata*

Tepary *Phaseolus acutifolius*

Winged *Psophocarpus tetragonolobus*

Legumes FABACEAE

Chick Pea *Cicer arietum*

Cowpea *Vigna unguiculata*

Jicama (Yam Bean) *Pachyrrhizus erosus*

Lentil *Lens culinaris*

Mucuna (Velvet Bean) *Mucuna* spp

Mung *Vigna radiata*

Pigeon Pea *Cajanus cajan*

Soy *Glycine max*

Lupin *Lupinus*

Rice (Bean) *Vigna umbellata*

Beetroot *Beta vulgaris* CHENOPODIACEAE

Brassica, BRASSICACEAE

Asian - all the Choys, Tsois, Mustard Greens, Spinach & Lettuce,

Mizuna *Brassica juncea*

var *juncea*, Chinese Cabbage, Saag

European - Borecole, Broccoli, Brussels Sprouts, Cabbage,

Cauliflower, Collard, Kale,

Kohlrabi, Rutabaga

Capsicum *Capsicum annum* SOLANACEAE

Chilli SOLANACEAE

Manzano: *Capsicum pubescens*;

Tabasco: *frutescens*, *baccatum* and sometimes *annuum*

Cape Gooseberry *Physalis peruviana* SOLANACEAE

Cardoon *Cynara cardunculus* ASTERACEAE

Carrot *Daucus carota* APIACEAE

Celeriac *Apium graveolens* APIACEAE

Celery *Apium graveolens* APIACEAE

Celtuce *Lactuca sativa* ASTERACEAE

Cereal

Amaranth *Amaranthus* sp AMARANTHACEAE Also used as a Spinach

Barley *Hordeum* spp POACEAE

Millet - several species, including *Eleusine coracana*, *Pennisetum* spp POACEAE

Rice *Oryza* spp. POACEAE

Wheat *Triticum* POACEAE

Chicory *Chichorium intybus* ASTERACEAE

Choko *Sechium edule* CUCURBITACEAE

Corn *Zea mays* POACEAE

Maize (Aztec, Flour and Dent)

Sweet

Pop

Cotton *Gossypium* spp. MALVACEAE

Cucumber *Cucumis sativus* CUCURBITACEAE

Endive *Cichorium endivia* ASTERACEAE

Eggplant *Solanum melongena* SOLANACEAE

Flowers

Calendula *Calendula officinalis* ASTERACEAE

Cosmos ASTERACEAE

Larkspur

Marigold *Tagetes* spp. ASTERACEAE

Nasturtium *Tropaeolum majus* TROPAEOLACEAE

Pansy & Violet *Viola* spp. VIOLACEAE

Poppy *Papaver* spp. PAPAVERACEAE

Sunflower *Helianthus annuus* ASTERACEAE etc., etc.

Gourd

(include Bottle Gourds and some New Guinea “Beans” which have same shaped seeds as Gourds)

Lagenaria siceraria CUCURBITACEAE

Gramma *Cucurbita moschata* CUCURBITACEAE

must have flat long thinnish seeds that are usually gritty and beige) includes Butternut.

Guada Gourd (Bean) *Trichosanthes anguina* CUCURBITACEAE

Herbs

Basil *Ocimum basilicum* LAMIACEAE
 Borage *Borago officinalis* BORAGINACEAE
 Chervil *Anthriscus cerefolium* APIACEAE
 Chives *Allium schoenoprasum* ALLIACEAE
 Coriander *Coriandrum sativum* APIACEAE
 Corn Salad *Valerianella locusta* VALERIANACEAE
 Dandelion *Taraxacum officinale* ASTERACEAE
 Dill *Anethum graveolens* APIACEAE
 Fennel *Foeniculum vulgare* APIACEAE
 Garland Chrysanthemum (Edible Chrys./Shungiku) *Chrysanthemum coronarium* ASTERACEAE
 Garlic Chives *Allium tuberosum* ALLIACEAE
 Horseradish *Armoracia rusticana*
 Marjoram *Origanum* spp. LAMIACEAE
 Mint *Mentha* spp. LAMIACEAE
 Mitsuba *Cryptotaenia japonica* APIACEAE
 Mustard *Brassica Nigra*, *B. juncea* & *B. hirta* BRASSICACEAE
 Oregano *Origanum* spp. LAMIACEAE
 Parsley *Petroselinum crispum* APIACEAE
 Rocket *Eruca sativa* BRASSICACEAE
 Rosemary *Rosmarinus officinalis* LAMIACEAE
 Sage *Salvia* spp. LAMIACEAE
 Salad Burnet *Sanguisorba minor*
 Shepherd's Purse
 Tarragon *Artemisia drancunculus* ASTERACEAE
 Thyme *Thymus vulgaris* LAMIACEAE
 Upland Cress *Lepidium sativum*
 Watercress *Nasturtium officinale*

Jerusalem Artichoke *Helianthus tuberosus* ASTERACEAE

Lettuce *Lactuca sativa* ASTERACEAE

Luffa *Luffa cylindrica* or *acutangula* CUCURBITACEAE

Mustard *Brassica nigra*, *hirta*, *juncea* BRASSICACEAE

Okra *Abelmoschus esculentus* MALVACEAE

Onion ALLIACEAE

Eschallot include Potato Onion *Allium cepa* var *aggregatum*

Onion *Allium cepa*

Leek *Allium ampeloprasum*

Tree Onion *Allium cepa* var *proliferum*

Spring Onion include Welsh Onion and Spring Onion *Allium fistulosum*

Garlic *Allium sativum*

Parsnip *Pastinaca sativa* APIACEAE

Pea *Pisum sativum* FABACEAE

Pie Melon

includes Chilacayote, sometimes called Alacayote *Cucurbita ficifolia*, CUCURBITACEAE, Jam Melon and Preserving Melon

Potato *Solanum tuberosum* SOLANACEAE

Pumpkin *Cucurbita maxima* CUCURBITACEAE

Must have fat, usually yellowish, shiny seeds with a parchment)

Japanese Pumpkin *Cucurbita mixta* CUCURBITACEAE

Radish *Raphanus sativa* BRASSICACEAE

Rockmelon

includes Cantaloupe, Indian Cream, Musk Melon and Honeydew (not Chilacayote, Pie or Jam Melon) *Cucumis melo* CUCURBITACEAE

Rosella *Hibiscus sabdariffa* MALVACEAE

Rhubarb *Rheum rhubarbarum* POLYGONACEAE

Sorrel *Rumex acetosa* POLYGONACEAE

Spinach

Amaranth *Amaranthus* spp

Basella (Indian, Ceylonese Running) *Basella alba* and *rubra* BASELLACEAE

Chard *Beta vulgaris* CHENOPODIACEAEs

English *Spinacia oleracea* CHENOPODIACEAE

European Spinach *Spinacia oleracea* CHENOPODIACEAE

Hibiscus manihot *Hibiscus manihot* MALVACEAE

Ibika

N Z Spinach (Warrigal Greens) *Tetragonia tetragonoides* AIZOCEAE

Malu Khia (Molokhia, Malu Khia, Egyptian) *Corchorus olitorius*

Orach *Atriplex hortensis* CHENOPODIACEAE

Quinoa *Chenopodium quinoa* CHENOPODIACEAE

Salad Mallow

Silver Beet, Chard *Beta vulgaris* CHENOPODIACEAE

Spinach Beet

Sweet Leaf

Water Leaf

Water Spinach (Oong Choy, Kang Kong) *Ipomea aquatica* CONVOLVULACEAE

Squash *Cucurbita pepo* CUCURBITACEAE

- must have small beige seeds with a ridge around them) includes Zucchini, Crookneck and some Marrows

Strawberry

Swede BRASSICACEAE

Sweet Potato *Ipomea batatas* CONVOLVULACEAE

Taro *Alocasia*, *Amorphophallus*, *Colocasia*, *Cyrtosperma*, *Xanthosoma* ARACAEAE

Tobacco *Solanum tabaccum* SOLANACEAE

Tomato *Lycopersicon esculentum* SOLANACEAE

Tomatillo *Physalis ixocarpa* SOLANACEAE

Tree

Flower

Fodder

Fruit
 Nut
 Rainforest
 Regeneration
 Timber
 Native
 Nitrogen fixer

Turnip *Brassica rapa* BRASSICACEAE

Unusual Cucurbits CUCURBITACEAE

Bitter Gourd *Mormodica charantia*
 Casabanana *Sicana odorifera*
 Guada Bean *Tricosanthes anguina* sometimes also called New Guinea Bean
 Korila *Cyclanthera pedata*
 Wax Gourd *Benincasa hispida*

Unusual Root/Tuber

Apios (ground cover - relative of Peanut)
 Arrowroot *Canna edulis* CANNACEAE
 Burdock
 Ground Nut *Apios sp* FABACEAE
 Oca *Oxalis tuberosa* OXALIDACEAE
 Peanut *Arachis hypogaea* FABACEAE
 Salsify (Oyster Plant) *Tragopogon porrifolius* ASTERACEAE
 Scorzonera ASTERACEAE
 Skirret APIACEAE
 Stachys LAMIACEAE
 Yacon (Sunchoke) *Polymnia sonchifolia* ASTERACEAE

Watermelon *Citrullus lanatus* CUCURBITACEAE

Yam *Dioscorea alata* DIOSCERACEAE

LIST OF COMMON FAMILIES

AMARANTHACEAE
 ARACAEAE
 ASTERACEAE
 BASELLACEAE
 BRASSICACEAE
 BORAGINACEAE
 CANNACEAE
 CHENOPODIACEAE
 CONVULVULACEAE
 CUCURBITACEAE
 CYPERACEAE
 EUPHORBIACEAE
 POACEAE
 LAMIACEAE
 FABACEAE
 LILIACEAE
 MALVACEAE
 OXALIDACEAE
 PAPAVERACEAE

POLYGONACEAE
ROSACEAE
SOLANACEAE
AIZOCEAE
TROPAEOLACEAE
APIACEAE
VALERIANACEAE
VIOLACEAE
ZINGIBERACEAE