

Common Name	Scientific Name	Native location	Domestication	Use
Rice	<i>Oryza sativa</i>	Asia	11500 ya	Cereal
Corn	<i>Zea mays</i>	C America/ Mexico	5500 ya	Cereal crop
Soybean	<i>Glycine max</i>	China	3000 ya	Legume
Barley	<i>Hordeum vulgare</i>	Fertile crescent	12000 ya	Cereal, gluten
Wheat	<i>Triticum monococcum</i>	Fertile crescent	<12000 ya	Cereal, gluten
Rye, triticale	<i>Secale cereal</i>	SW Asia	5000 ya	Cereal, gluten
Oats	<i>Avena sativa</i>	Europe	4500 ya	Cereal

Common	Scientific	Monocot / dicot	Uses/ other
Sorghum	<i>Sorghum bicolor</i>	Monocot	Grass, C4, 4 th , India/ Africa
Sugarcane	<i>Saccharum spp.</i>	Monocot	Grass, C4, SW pacific
Peas	<i>Pisum sativum</i>	Dicot	Legume, Recent
Lentils	<i>Lens culinaris</i>	Dicot	Legume, Drought resistant, easily digested
Chick peas/ garbonzoa	<i>Cicer arietinum</i>	Dicot	Legume
Cowpea	<i>Vigna unguiculata</i>	Dicot	Legume, black eyed pea, Africa
Groundnut	<i>Vigna subterranea</i>	Dicot	Legume, Africa, replaced by peanut
Common bean	<i>Phaseolus vulgaris</i>	Dicot	Legume, 100+ varieties, Central/ South America 3000 ya, complementary to corn
Lima bean	<i>Phaseolus lunatus</i>	Dicot	Legume, dry form, Central America 7-10000 ya
Many	<i>Vicia faba</i>	Dicot	Legume, large/ medium/ small names, annual, from near east, animal feed
Peanut	<i>Arachis hypogaea</i>	Dicot	Legume, fruit matures into pod underground, lots of oil and protein, from Peru, susceptible to fungi

Taro	Colocasia esculenta	Monocot	Starch, from SE Asia, makes dough
Cassava/ Manioc	Manihot esculenta	Dicot	Starch or pearls, from S America, no protein, heat, drought, pests and acid resistant, waxed, sweet and bitter types, contains cyanide
Jerusalem artichoke	Helianthus tuberosus	Dicot	Easily cultivated, protein and inulin (fructose), tubers have no starch
Arrowroot			Tubers, gluten free
Breadfruit	Artocarpus altilis	Dicot	Starchy melon, texture from potato → mango
Cattail			Use roots, sap and shoots
Bananas/ plantains	Musa spp.	Monocot	From Indo-Malaysia, ovaries develop without pollination, seedless
Apple	Malus pumila	Dicot	First fruit tree to be domesticated
Cocoa	Theobroma cacao		Food of the gods, cocoa butter, different types
Kola tree	Cola nitida		W Africa, coca cola, caffeine and kolanin
Tea	Camellia sinensis		China 4-5000 ya, black tea

Fertile Crescent: peas, lentils, chick peas, wheat, barley, vetch, dogs, goats, sheep, grasses, rye

White potato	Sweet potato	Yam
Solanum tuberosum	Ipomoea batatas	Dioscorea spp.
Solanaceae- dicot	Convolvulaceae- dicot	Dioscoreaceae- monocot
8000 ya- from Andean highlands	Perennial from S America	Africa, Asia and S America
6000 cultivars	Two types	Oxalic acid- in peel, poison
Potato famine	Less starch, more nutrients	Difficult to harvest
Easy to cultivate, store, prepare		

Family	Common name	Examples	Other
Brassicaceae	Mustard	Broccoli, cauliflower, cabbage, brussel sprouts, kale, kohlrabi, WT, radish	Mediterranean, cancer prevention, waxy coating
Apiaceae	Carrot	Celery, carrot, parsnip	Mediterranean/ Eurasia, some are biennials, herbs
Cucurbitaceae	Gourd/ cucumber	Corn, beans, squash, pumpkin, acorn, zucchini, watermelon	Pepo fruit from Central/ S America, 3 main staples of Natives
Solanaceae	Nightshade/ potato	Potato, tomato, peppers, tobacco, eggplant, datura, nightshade	Central/ S America, poisonous and hallucinogenic, berry fruit
Alliaceae	Onion	Onions, leeks, chives	Bulbs- interlocking leaves
Asparagaceae	Asparagus	Asparagus	Biennial, branches before seeds
Chenopodiaceae	Goosefoot/ beet	Swiss chard, beetroot, sugar beet, spinach, quinoa	1-3 are same species, non grass cereal, 2-3 are biennials
Anacardiaceae	Cashew	Mango, cashew	Latex and urushiol in peel/ seed is irritating/ poison
Bromeliaceae	Pineapple		Contains meat tenderizer
Caricaceae	Papaya		Contains meat tenderizer
Rosaceae	Rose	Rose, blackberry, raspberry, strawberry, pear, quince, medlar, loquas, almond, peach, apricot, plum, cherry, sloe, apple	
Rutaceae	Citrus	Orange, grapefruit, tangerine, lemon, lime, pummel	Grafting, Johnny appleseed, high vitamin C
Asteraceae	Sunflower		
Vitaceae	Grape		
Ericaceae	Blueberry		
Juglanaceae		Walnut, butternut, pecan	Nut
Fagaceae	Beech or	Chesnut, beech, oak	Nut

	oak		
Betulaceae		Hazel, fillbert	Nut
Rubaceae	Coffee	Arabica, canephora, liberica	1 is only self-compatible and most common