



# Heritage Food Planting & Harvest for North Florida



Common Name	Other Names	J	F	M	A	M	J	J	A	S	O	N	D
<b>Aloe</b> <i>Aloe Vera</i>	芦荟 (lú huì, Mandarin), अगरू (agaroo, Hindi), कुंवरा (kunvāra, Gujarati), dacar cas (Somali), sábila (Swahili), رابحلما تابن (nabat alsabar, Arabic)												
<b>Bay leaf (P)</b> <i>Laurus Nobilis</i>	Bay laurel or sweet bay (English), Feuille de laurier (French), 月桂叶 (yuè guì yè, Mandarin), बे पत्ती (Be Pattee, Hindi), અટકાય વગરનુ (Aṭkāyā vagaranu, Gujarati), Majani ya Bay (Swahili)												
<b>Bitter Melon</b> <i>Momordica charantia</i>	Balsam pear, goya melon, or bitter squash (English), 苦瓜 (kǔ guā, Mandarin), करेला (karela, Hindi), لطن حلا (alhanzil, Arabic)												
<b>Black-eyed Peas</b> <i>Vigna unguiculata</i>	Cowpea, southern pea or field pea (English), 眉豆 (méi dòu, Mandarin), imbumba (Zulu), pois à vache (French), dinawa (Setswana)												
<b>Bok Choi</b> <i>Brassica rapa subsp. chinensis L.</i>	白菜 (bái cài, Mandarin), chou de Pékin (French), અઈકોન મૂળી (Hāya cōī, Gujarati)												
<b>Cassava</b> <i>Manioto esculenta</i>	Aipim or mandioca (Brazil), muhogo (Swahili, Africa), manioc, yuca, tapioca or guacamote (Spanish), 木薯 (mù shǔ, Mandarin), umdumbula (Zulu, Africa)												
<b>Celosia</b> <i>Celosia sp.</i>	Cockscomb, wool flower, or quail grass (English), 鸡冠花 (jī guān huā, Mandarin), mfungu (Swahili), soko yokoto (Nigeria)												
<b>Chaya</b> <i>Cnidoscopus sp.</i>	Chaya col, chaykeken, or kikilchay (Mayan, Central America), Mayan tree spinach (English)												
<b>Chayote</b> <i>Sechium edule</i>	Custard marrow or Buddha's hand (English), mirliton (Cajun, Haitian Creole), choko (Australia), xuxu (Brazil), chu chu (Jamaica), 佛手瓜 (fó shǒu guā, Mandarin)												
<b>Collards</b> <i>Brassica oleracea</i>	Borecole, flowering kale or fodder kale (English), 宽叶羽衣甘蓝 (kuān yè yǔ yī gān lán, Mandarin), kola (Swahili), couve (Brazil and Portugal), kovi or kobi (Spanish), haak(Kashmir), sukuma wiki (East Africa)												
<b>Colorful Potatoes</b> <i>Solanun tuberosum</i>	Papa (Quechua, Peru), pomme de terre (French), रंगीन आलू (rangin aloo, Hindi), રાંગબેરંગી બટાટા (raṅgabēraṅgī baṭāṭā, Gujarati), سطاتبلا (albatitis, Arabic), 七彩马铃薯 (qī cǎi mǎ líng shǔ, Mandarin)												
<b>Daikon Radish</b> <i>Raphanus sativus longipinnatus</i>	长白萝卜 (cháng bái luó bō, Mandarin), मूली (Muli, Hindi), અઈકોન મૂળી (dā'ikōna mūlō, Gujarati), Dabocase (Somali)												
<b>Fig</b> <i>Ficus sp.</i>	Figure (French), higo (Spanish), 无花果 (wú huā guǒ< Mandarin), अंजीर (anjeer, Hindi), ફિગ (phiga, Gujarati), Matunda ya Mtini (Swahili), نيت (teen, Arabic)												
<b>Garlic Chives (P)</b> <i>Allium tuberosum</i>	Chinese leeks or oriental garlic (English), 韭菜 (jiǔ cài, Mandarin), हरा लहसुन (Hara lehsun, Hindi), વસાવુ ચવિસ (Lasana civsa, Gujarati), toon (Somali), maroi nakuppi (Manipurī, India)												

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<b>Ginger</b> <i>Zingiber sp.</i>	姜 (jiāng, Mandarin), gingembre (French), अदरक (Adrak, Hindi), آدو (Ādu, Gujarati), Tangawizi (Swahili) Sinjibiisha (Somali), زنجبيل (zanjabil, Arabic)												
<b>Kiwano</b> <i>Cucumis metuliferus</i>	African horned cucumber, horned melon or jelly melon (English), 非洲角黄瓜 (fēi zhōu jiǎo huáng guā, Mandarin), gaka or gakachika (Southern Africa)												
<b>Lavender</b> <i>Lavandula angustifoli</i>	Lavande (French), 薰衣草 (xūn yī cǎo, Mandarin), લવંડર (Lavaṇḍara, Gujarati), عجم زعبل (alkhuzamma, Arabic)												
<b>Malabar</b> <i>Basella sp.</i>	Ceylon spinach or Indian spinach (English), 锡兰菠菜 (xī lán bō cài, Mandarin), મલબાર પાલક (Malabāra pālaka, Gujarati)												
<b>Mint</b> <i>Mentha sp.</i>	Menta (Spanish), menthe (French), 薄荷 (báo hé, Mandarin), टकसाल के पत्ते (Taksal ke patte, Hindi), ཕུདྲི-ལཱ (Phudīnā, Gujarati), Mnanaa (Swahili), Reexaanta (Somali)												
<b>Mizuna</b> <i>Brassica juncea</i>	Japanese mustard or potherb mustard (English), 水菜 (shuǐ cài, Mandarin), મિજુના (Mijhunā, Gujarati), ミズナ (kyona, Japan)												
<b>Molokhiya</b> <i>Corchorus olitorius</i>	Egyptian spinach or Jew's Mallow (English), 埃及菠菜 (āi jí bō cài, Mandarin), corète potagère or chanvre du bengale (French), kren-kre (Sierra Leone), ewedu (Yoruba), Ademe ewe or Ayoyo (Ghana)												
<b>Muscadine Grape (P)</b> <i>Vitis rotundifolia</i>	grain de raisin (French), scuppernong (United States), मस्कैडिन अंगूर (Maskaidin Angoor, Hindi), મસ્કૅડિના દ્રાકૅષ (Maskādīna drākṣa Gujarati), Zabibu ya Muscadine (Swahili), Canabka Muscadine (Somali), uva (Spanish), 麝香葡萄 (shè xiāng pú tao, Mandarin), عيناب (einab, Arabic)												
<b>Mustard</b> <i>Brassica juncea</i>	Chinese mustard, Indian mustard or mustard greens (English), 芥末 (jiè mò, Mandarin), Khardal (Somali), Haradali (Swahili), rayo (Nepali)												
<b>Nopal</b> <i>Opuntia sp.</i>	Prickly pear cactus (English), sabra (Hebrew), cactus du figue barbarie (French, Haiti), Kāṇṭādāra pi'ara (કાંટાદાર પચિર) (Gujarati)												
<b>Okra</b> <i>Abelmoschus esculentus</i>	Gumbo (Wolof, West Africa), ladyfingers (English), 秋葵, 羊角豆 (yáng jiǎo dòu, Mandarin), भंडी (Bhindi, Hindi), Bamia (Swahili and Arabic), Quingombó (Spanish), (Yoruba, West Africa)												
<b>Olive</b> <i>Olea europaea</i>	जैतून (jaitoon, Hindi), ओलिव (Ōliva, Gujarati), Saytuunka (Somali), matunda ya zaituni (Swahili), زيتون (zaytoon, Arabic), 橄榄 (gǎn lǎn, Mandarin), aceituna (Spanish)												
<b>Oregano</b> <i>Origanum vulgare</i>	Origan (French), wild marjoram (English), 牛至 (niú zhì, Mandarin), عرْبَد رْتَعَزَل (alzaetar albariyu, Arabic)												
<b>Parsley</b> <i>Petroselinum crispum</i>	Persil (French), 香菜 (Xiangcai, Mandarin), سنودق (baqdwns, Arabic), अजमोद (Ajamod, Hindi), કોથમર (Kōthamarī, Gujarati), perejil (Spanish)												
<b>Pigeon Peas</b> <i>Cajanus cajan</i>	Grandul (Spanish), तूर (toor, Hindi), 印度的)木豆 (yìn dù de, Mandarin), કબૂતરા વટાણા (Kabūtura vaṭāṇa, Gujarati), mbaazi ya njiwa (Swahili), digir xamaam (Somali)												
<b>Pomegranates</b> <i>Punica granatum</i>	Grenada (Spanish), 石榴 (shí liú, Mandarin) अनार (Annar, Hindi), દાદમ (Dāḍama, Gujarati), Makomamanga (Swahili), rummaanka (Somali), رمان (rumaan, Arabic)												
<b>Roselle</b> <i>Hibiscus sabdariffa</i>	Florida cranberry or Indian sorrel (English), 洛神花 (luò shén huā, Mandarin), રોઝેલા (Rōjhēla, Gujarati), كاركاده (karkadeh, Arabic), isápá (Yoruba), yakuwa (Hausa)												

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<b>Rosemary (P)</b> <i>Salvia rosmarinus</i>	Romarin (French), 迷迭香 (mí dié xiāng, Mandarin), لبلب لالجبال (lilil aljabal, Arabic), romaro (Spanish)	🌱									🌱		
<b>Shiitake mushroom</b> <i>Lentinus edodes</i>	Black forest mushroom, 香菇 (xiāng gū, Mandarin), શનિદે મશરૂમ (Śitākē maśarūma, Gujarati), likaha shiitake (Somali), Uyoga wa Shiitake (Swahili)	🍄										🍄	
<b>Sweet Potato</b> ❄️ <i>Ipomoea batatas</i>	Batata (Hebrew), camote (Central America and Phillipines), cumar (Quechua, Peru), patate douce (Cajun), 甘薯 (gān shǔ, Mandarin), शकरकंद (shakarkand, Hindi), ሳኒትራይት (Sakkariyā, Gujarati), mitatis (Ethiopia)				🌱								
<b>Tarragon</b> ❄️ <i>Tagetes lucida</i>	Mexican mint marigold (English), yauhtli (Central America), 龙蒿 (lóng hāo, Mandarin), hierbanis (Mexico)		🌱	🌱	🌱	🌱					🌱	🌱	
<b>Thyme</b> <i>Thymus vulgaris</i>	百里香 (bǎi lǐ xiāng, Mandarin), अजवायन के फूल (Ajavaayan ke phool, Hindi), થાઈમ (Thā'ima, Gujarati), tomillo (Spanish)		🌱	🌱	🌱							🌱	
<b>Tomatillo</b> ❄️ <i>Physalis ixocarpa</i>	Chinese lanterns or ground cherry (English), tomate milpero (Spanish), 粘果酸浆 (zhān guǒ suān jiā, Mandarin)	🌱	🌱										
<b>Turmeric</b> ❄️ <i>Curcuma longa L.</i>	हल्दी (Haldee, Hindi), Safran des Indes (French), ሳፍራን (Haḷadara, Gujarati), Manjano (Swahili), Huruud (Somali), كركم (kurkum, Arabic), 姜黄 (jiānghuáng, Mandarin)				🌱	🌱							

## Legend



direct sow seeds into ground



frost sensitive



plant divisions or offshoots from parent plant



start indoors in pots



plant cuttings from parent plant



bury rhizomes or roots under soil



plant in trays and transplant seedlings



inoculate logs with spawn outdoors



SF SANTA FE COLLEGE