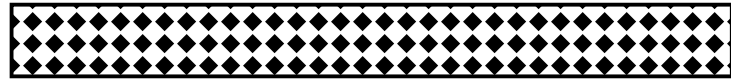
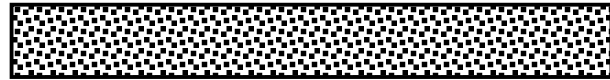


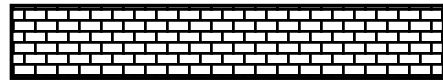
Cassava leaves (cooked)



Winged bean leaves



Kangkong



Diplazium fern

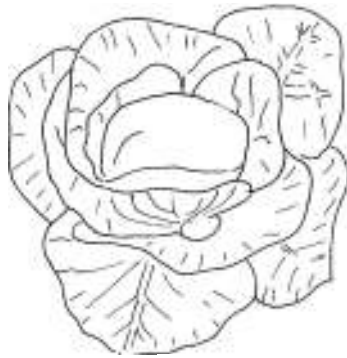


Tu-lip leaves



Cabbage - headed

The iron content of some edible leaves



Food Composition Tables
for
Food Plants
in
Papua New Guinea

Acknowledgement

For developing my fascination with the food plants of Papua New Guinea

I am deeply grateful to past students,
a multitude of people especially women in markets
and for many kind village people who have shown me their gardens.
Thankfully many specialists have gone before me
and allowed me to benefit from their experience.

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My special acknowledgement is to God
the Creator of all good things.

**Food Composition Tables
for Food Plants in
Papua New Guinea**

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Food Composition tables

The following tables are provided as an initial attempt to collate some of the information about the food composition and food value of edible plants in Papua New Guinea. To the best of my knowledge all of these plants occur in Papua New Guinea or at least in New Guinea including the Indonesian province, but they may not all be used as food in these countries. There remain many important food plants for which I have not yet been able to find suitable food values. For references and other details it will be necessary to use the computer database that I am in the process of compiling and making available.

Certain parts of plants are used in one country and not used in another country, or are eaten in one part of the country and not in another places. Many of these food plants need processing before they are eaten. Some should not be eaten in large quantities. Many spices and flavouring plants would be poisonous if eaten in large amounts. Other plants should become a more regular part of the diet. It is very important to be sure you have the correct plant and to be sure it is processed and prepared the correct way before simply eating plant foods.

It is not possible to put all the information about these plants in one booklet. To find descriptions of the plants and other information about how to grow and use them it will be necessary to look in other publications. For this purpose I have produced both a book, and a computer database, on Food Plants of Papua New Guinea. The book gives descriptions of the plants and where they are best grown as well as pest and disease lists. It has line drawings. The database had coloured photos and other information, names and references.

In recent years many scientists and other specialists have been increasingly realising that food plants that are often indigenous have been overlooked and many of these are very nutritious. Around the world people are trying to look again at traditional plants and trying to learn more about them. One advantage of a traditional food plant is that it has already survived the droughts, floods, frosts, pests and diseases that occur in that area. (If it hadn't it would have already disappeared!). But many of these traditional food plants contain 10 or 20 times the food value of introduced plants. They are one of God's amazing provisions to feed a hungry world.

Some plants are poisonous

Unless properly prepared and cooked many plants can be poisonous. Often in markets I have seen (European) potatoes that have turned green. These are poisonous. They are a special danger to pregnant women. Giant taro used near Rabaul has special methods of peeling so that the oxalate crystals that burn the throat are removed. Some self-sown Taro true plants also have this chemical. Several ferns need to be dried first before they are cooked and eaten. The drying removes a poison. Cassava can be bitter due to a chemical called cyanide. This same chemical poison can occur in several other plants including beans and makes them both bitter and poisonous. Thankfully, this chemical is broken up and disappears if food is cooked well. Boiling the food for 2 minutes will mostly destroy this poison. As a general rule it is wise to cook food. So with all foods, but especially the less well known and less commonly used wild and traditional food plants please make sure you have the correct plant and that you have learned how to prepare and cook it properly. Local people in villages are often the experts, having learned from long experience. Pangium nuts or "Sis" seeds are very poisonous unless prepared by a long and detailed process to remove the poison. The details vary throughout SE Asia and Papua New Guinea, but then people enjoy the food once it is safely prepared.

Food quality

Food plants contain many important chemicals and nutrients that keep our bodies healthy and growing well. It is not possible to list all of these chemicals for each plant. What I have tried to do is simply choose the ones that are known to be often in short supply causing people to become sick because their bodies do not have the right amounts of the right foods. These days most people concerned about food and nutrition are recommending people eat a wide range of plant foods. Then if one plant is short in one nutrient, another plant may well contain it. Rather than spending lots of time counting lots of numbers about the nutrients in different food plants, eating as wide a range as possible will normally ensure a healthy diet is maintained.

Many traditional tropical plants are very good quality food. For example people grow Citrus fruits like lemons and oranges to get Vitamin C. These are plants that suit subtropical climates, not tropical climates. Many tropical plants like Guava and dark green leaves contain far more Vitamin C than Citrus fruit.

The biggest majority of people in tropical countries, but especially women, are short of iron in their diets and this makes them become anaemic. Many vegetables introduced into the tropics from temperate countries are low in iron and many dark green tropical leaves are very high in iron. Sometimes changing diets can make people's health worse.

Food groups

Foods are normally grouped into 3 groups. These are energy foods, growth foods and health foods. Everybody must have some from each group to stay healthy.

Energy foods

In Papua New Guinea the food plants that are good for energy are the root crops like sweet potato, taros, yams, potato and cassava. Bananas and sago are the other two big energy foods. Rice is an energy food but most rice in Papua New Guinea is still imported and not grown within the country. Unfortunately sometimes agricultural research workers have measured the weight or yield of different varieties of these plants and recommended people grow these varieties. People in villages have often complained that these are the varieties they feed to the pigs because they are not dry enough and do not contain enough energy to do a days work! Energy food is easy to understand because if you do not have enough of it, you lack energy! Cassava has less protein than other root crops but thankfully the young leaves if well cooked are a very nutritious food. Sago is a good energy food and especially suits swamps where few other foods will grow but it is very short in other food groups such as growth food, or protein and health food including Vitamins and minerals. It is absolutely essential to supplement sago diets with other foods, especially fish if they are available, or other seeds, nuts and dark green leaves. Several nice ferns will grow in sago swamps.

Growth foods

Meat and fish are good growth foods but most people in Papua New Guinea do not eat meat on a regular basis. Those near the sea and large rivers often eat fish regularly. Insects such as sago grubs are good sources of protein. Most of the protein or growth foods come from plant foods. The root crops contain some protein or growth food and many edible leaves and nuts have good protein levels. Often the introduced vegetables from temperate climates are low in protein. Beans and other legumes are usually high in protein. Proteins are made up of chemicals called amino acids. Sometimes plants can have sufficient protein but still be short of one amino acid. For example corn is often short in lysine, one of these amino acids. People in Papua New Guinea do not live on corn as their main food, but the easiest way to fix this lysine deficiency is to simply eat a few more beans or other foods rich in lysine. Some beans in Papua New Guinea are very good quality food. Winged beans are an extremely good quality food and should be used much more in the areas of the country where it will grow. It also helps improve the soil.

Health foods

Our bodies need vitamins, minerals and many other kinds of nutrients to stay healthy. In Papua New Guinea diets most of these come from dark green leaves, vegetables, nuts and fruit. Thankfully Papua New Guinea has an amazing variety of food plants that can be grown and used. Sometimes it is not that these foods are not available, but that for different reasons they are not fed regularly to the family, especially the children. Mothers come home from their gardens and then cook an evening meal, but by the time it is ready the young children have fallen asleep. Next morning the children have some of the root crop or starchy staple that is left over but miss out of the leafy greens that were eaten the night before. All good Papua New Guinea farmers and families should have a small plot of highly nutritious leafy greens growing near their houses especially to use on the days when it is too wet or people are sick or too tired, to go to the garden or market. Several of these edible leaves such as Tu-lip, Valanguar, Kumu Musong and others can be grown as an attractive hedge around the house. But eating a root crop, rice or starchy staple such as sago or banana is not enough. People need health foods everyday. (Noodles from a packet are **not** a health food!)

Vitamins

Although there are many different nutrients in foods that are called Vitamins, only a few of them cause problems in diets in Papua New Guinea. Many of the vitamins are named using letters of the alphabet. For example **Vitamin A** is common in dark green tropical leaves and is very important for eyesight. In Indonesia many children go blind each year because they eat lots of rice but not enough dark green leaves. Papua New Guinea has so many beautiful edible dark green leaves that this should never happen in this country. The leaves that do not have much taste, can easily be improved, by adding a few chilli leaves or some other sweet tasting or spicy plant. People should eat about a fish tin full of dark green leaves each day to get their Vitamins and protein. Many vitamins are called **Vitamin B** so now they have different numbers attached as well. They serve many different and important functions in the human body. Most of these can be gained from a mixture of plant foods except one called Vitamin B₁₂ that mostly comes from meat or seaweed. In Papua New Guinea people should not suffer from Vitamin B deficiency unless they are eating white rice and no vegetables and leaves. **Vitamin C** helps protect our bodies and helps in healing wounds. It can be found in lemons and other Citrus fruit but 3 times as much can be found in Tu-lip leaves or cooked cassava leaves or Guava fruit. There are some fruit in southern Papua New Guinea with 50 times the Vitamin C of Citrus! Thankfully, **Vitamin D** is provided free to our skin in sunlight and for most people in Papua New Guinea their outdoor jobs mean this one is never in short supply! For more detailed information on the important role of Vitamins it will be necessary to look in other books. Some vitamins, for example Vitamin A, are more soluble and therefore more available if they are cooked in oil rather than boiled. Frying some leaves such as Aibika and Okra makes sense because they are not then slimy!

Minerals

There is a range of minerals needed regularly by our bodies. One of the very important ones that is often in short supply, is iron. **Iron** is needed by our blood and helps produce the red colouring. People who are short of iron are called anaemic. Health workers look under our eyelids to see if they are too pale, which indicates we are short of iron. People who are short of iron lack energy and have less inclination to do things and can think less clearly as well. This deficiency is very common around the world and women and children and old people are much more likely to suffer from iron deficiency. Eating dark green leaves is the most useful way of getting sufficient iron in Papua New Guinea. Eating round head cabbages can make iron and protein levels much worse. Cabbages have almost no protein, nor iron, nor Vitamin A. Because children have small stomachs and the kaukau almost fills them up they should not be fed cabbage but should be fed some traditional greens like amaranth or rungia that have better food value. **Calcium** is very important for bones and teeth but also affects many other things within our bodies. **Zinc** has now been recognised as very important especially for the growth of children. Zinc is used in our bodies in chemicals called enzymes that control how our bodies work. Several seeds and nuts are important sources of zinc. The coastal almond nut that is often eaten by children along seashores in all tropical countries is a good source of zinc.

For details on healthy foods you will need to talk to your health worker.

No.	Scientific name	Common name	Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	Edible portion
34	<i>Achyranthes bidentata</i>	Chaff flower								Leafy shoots
35	<i>Achyranthes bidentata</i>	Chaff flower								Leaves
36	<i>Acmena hemilampra</i> var. <i>hemilampra</i>	Broadleaf lillypilly	75.9		1.6			1.5	0.5	Fruit
37	<i>Acorus calamus</i>	Sweet flag								Rhizome
38	<i>Acorus calamus</i>	Sweet flag								Leaves
39	<i>Acrostichum aureum</i>	Golden mangrove fern								Shoots
40	<i>Acrostichum aureum</i>	Golden mangrove fern								Root
41	<i>Acrostichum speciosum</i>	Mangrove fern								Fronds
42	<i>Acrostichum speciosum</i>	Mangrove fern								Roots
43	<i>Actinidia chinensis</i>	Kiwifruit	83.1	255	1.0	18	98	0.4	0.2	Fruit - raw
44	<i>Actinidia chinensis</i>	Kiwifruit								Leaves
45	<i>Actinorhynchus calapparia</i>	Calappa palm								Shoots
46	<i>Adenanthera pavonina</i>	Coral pea								Seeds
47	<i>Adenanthera pavonina</i>	Coral pea								Leaves
48	<i>Adenia heterophylla</i>	Lacewing vine								Fruit
49	<i>Adenia heterophylla</i>	Lacewing vine								Seeds
50	<i>Aegiceras corniculatum</i>	Horned mangrove								Leaves
51	<i>Aegiceras corniculatum</i>	Horned mangrove								Fruit
52	<i>Aerva lanata</i>									Leaves
53	<i>Agave sisalana</i>	Sisal								Sap
54	<i>Ageratum conyzoides</i>	Goatweed	90.4	130	3.5		29			Leaves
55	<i>Aglaiia</i> sp.									Fruit
56	<i>Aidia racemosa</i>	Archer cherry								Fruit
57	<i>Albizia lebbekoides</i>									Bark
58	<i>Albizia procera</i>	Brown Albizia								Leaves
59	<i>Albizia procera</i>	Brown Albizia								Pods
60	<i>Albizia</i> sp.									
61	<i>Aleurites fordii</i>	Tung oil								Seeds
62	<i>Aleurites moluccana</i>	Candle nut	24.4	2426	7.8			2.7	2.7	Kernel
63	<i>Aleurites moluccana</i> 2	Candle nut	12.8	1400	0.5					Kernel treated
64	<i>Aleurites moluccana</i> 3	Candle nut	1.4	2836	20.6			22.6	3.2	Kernel cooked
65	<i>Allium ampeloprasum</i> var. <i>porrum</i>	Leek	91.0	122	2.0	1827	29	7.5		Leaves
66	<i>Allium ampeloprasum</i> var. <i>porrum</i>	Leek	86.0	128	1.9	40	18	1.1	0.1	Bulb - raw
67	<i>Allium ampeloprasum</i> var. <i>porrum</i>	Leek	90.8	104	1.8	40	18	2.0	0.1	Bulb - boiled
68	<i>Allium ampeloprasum</i> var. <i>po99rrum</i>	Leek	89.4	147	2.3		30	2.7		Leaves

No.	Scientific name	Common name	11							Edible portion
			Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	
139	<i>Antigonon leptopus</i>	Coral creeper								Tuber
140	<i>Antigonon leptopus</i>	Coral creeper								Leaves
141	<i>Antigonon leptopus</i>	Coral creeper								Flowers
142	<i>Apium graveolens var dulce</i>	Celery	93.5	51	0.9	13	7	0.6	0.1	Leaves - raw
143	<i>Apium graveolens var dulce</i>	Celery	95.7	88.2	0.6	13	5	0.4	0.1	Leaves - boiled
144	<i>Apium graveolens var dulce</i>	Celery	94.6	67	0.8	13	7	0.4	0.1	Leaf stalks raw
145	<i>Arachis hypogea</i>	Peanut	4.5	2364	24.3	0	Tr	2.0	3.0	Seed dried
146	<i>Arachis hypogea</i>	Peanut	45.0	1394	15.0	Tr	10	1.5		Seed fresh
147	<i>Arachis hypogea</i>	Peanut								Leaves
148	<i>Areca catechu</i>	Betel nut								Nut
149	<i>Areca catechu</i>	Betel nut								Cabbage
150	<i>Areca guppyana</i>									Nut
151	<i>Areca jobiensis</i>									
152	<i>Areca macrocalyx</i>	Kambibi								Nut
153	<i>Areca macrocalyx</i>	Kambibi								Cabbage
154	<i>Arenga microcarpa</i>	Arenga palm								Cabbage
155	<i>Argusia argentea</i>	Octopus bush								Leaves
156	<i>Arrhenechthites spp.</i>									
157	<i>Artocarpus altilis</i>	Breadfruit	74.4	506	1.5	4	25	0.4	0.2	Fruit
158	<i>Artocarpus altilis</i>	Breadfruit								Leaves
159	<i>Artocarpus altilis</i>	Breadfruit								Flowers
160	<i>Artocarpus altilis var. seminifera</i>	Breadfruit seeded	56.5	799	7.4	26	6.6	3.7	0.9	Seed
161	<i>Artocarpus heterophyllus</i>	Jackfruit	74.5	395	1.5	30	6.7	0.6	0.4	Fruit raw
162	<i>Artocarpus heterophyllus</i>	Jackfruit	57.6		5.6		10	0.8		Seed boiled
163	<i>Artocarpus heterophyllus</i>	Jackfruit	85.8		1.6		13	0.1		Fruit + seed
164	<i>Artocarpus heterophyllus</i>	Jackfruit								Leaves
165	<i>Artocarpus heterophyllus</i>	Jackfruit								Flowers
166	<i>Artocarpus sp.</i>									
167	<i>Artocarpus vrieseanus</i>									Fruit
168	<i>Ascarina philippinensis</i>									Leaves
169	<i>Asparagus officinalis</i>	Asparagus	95.4	52	1.7	50	16	0.6	0.3	Boiled-stalk
170	<i>Asparagus officinalis</i>	Asparagus	93.6	72	1.9	58	21	1.0	0.5	Raw-stalk
171	<i>Asplenium affine</i>									Leaves
172	<i>Asplenium nidus</i>	Bird's nest fern								Leaves
173	<i>Astilbe sp.</i>									Leaves
174	<i>Astronia sp.</i>									Leaves
175	<i>Averrhoa bilimbi</i>	Tree cucumber	94.2	84	0.8	30	16	1		Fruit

No.	Scientific name	Common name	12							Edible portion
			Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	
176	<i>Averrhoa carambola</i>	Five corner	90.8	149	0.5	300	40	1	0.1	Fruit
177	<i>Avicennia alba</i>	White mangrove								Fruit
178	<i>Avicennia marina</i>	Grey mangrove								Fruit
179	<i>Avicennia marina subsp. australasica</i>	Grey mangrove								Seed
180	<i>Avicennia officinalis</i>	White mangrove								Leaves
181	<i>Avicennia officinalis</i>	White mangrove								Seed
182	<i>Baccaurea papuana</i>									Fruit
183	<i>Bactris gasipaes</i>	Peach palm	50.5	820	0.5	280	35	1.5		Fruit
184	<i>Bactris gasipaes</i>	Peach palm								Flower buds
185	<i>Bactris gasipaes</i>	Peach palm								Cabbage
186	<i>Bambusa forbesii</i>	Native bamboo								Shoots
187	<i>Bambusa vulgaris</i>	Common bamboo								Shoots
188	<i>Banksia dentata</i>	Swamp Banksia								Nectar
189	<i>Barringtonia asiatica</i>	Fish poison tree								Leaves
190	<i>Barringtonia asiatica</i>	Fish poison tree								Pods
191	<i>Barringtonia edulis</i>									Nut
192	<i>Barringtonia niedenzuana</i>	Pao nuts								Nut
193	<i>Barringtonia novae-hibernae</i>	Pao nuts								Nut
194	<i>Barringtonia procera</i>	Pao nuts								Nut
195	<i>Barringtonia racemosa</i>	Fish poison tree								Fruit
196	<i>Barringtonia racemosa</i>	Fish poison tree								Leaves
197	<i>Basella alba</i>	Indian spinach	85.0	202	5.0	1800	100	4.0		Leaves
198	<i>Bauhinia monandra</i>	Butterfly flower								Leaves
199	<i>Bauhinia monandra</i>	Butterfly flower								Flowers
200	<i>Bauhinia purpurea</i>	Butterfly tree								Leaves
201	<i>Bauhinia purpurea</i>	Butterfly tree								Flowers
202	<i>Bauhinia purpurea</i>	Butterfly tree								Seeds
203	<i>Bauhinia tomentosa</i>	St Thomas tree								Seeds
204	<i>Bauhinia tomentosa</i>	St Thomas tree								Leaves
205	<i>Bauhinia variegata</i>	Pink Orchid tree								Buds
206	<i>Bauhinia variegata</i>	Pink Orchid tree								Flowers
207	<i>Bauhinia variegata</i>	Pink Orchid tree								Leaves
208	<i>Begonia spp.</i>									Leaf stalks
209	<i>Beilschmiedia sp.</i>									Leaves
210	<i>Belosynapsis moluccana</i>									Leaves
211	<i>Benincasa hispida</i>	Wax gourd	92.0	118	0.7	0	15	0.6	0.6	Fruit
212	<i>Benincasa hispida</i>	Wax gourd	96.6	54	0.4	0	10.5	0.4	0.6	Fruit - cooked

No.	Scientific name	Common name	17 Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	Edible portion
369	<i>Carica pubescens</i>	Mountain pawpaw								Fruit
370	<i>Carissa laxiflora</i>									Fruit
371	<i>Carmona microphylla</i>		Philippine tea							Leaves - tea
372	<i>Carmona microphylla</i>	Philippine tea								Fruit
373	<i>Carya illinoensis</i>	Pecan	3.2	3188	9.3	8	2	2.4	4.5	Nut
374	<i>Caryota rumphiana var. papuana</i>									Starch
375	<i>Cassia bicapsularis</i>	Rambling cassia								Leaves
376	<i>Cassia fistula</i>	Golden shower								Flowers
377	<i>Cassia fistula</i>	Golden shower								Leaves
378	<i>Cassia fistula</i>	Golden shower								Pod pulp
379	<i>Cassia hirsuta</i>									Leaves
380	<i>Cassia hirsuta</i>									Seeds
381	<i>Cassia mimosoides</i>	Sensitive senna								Seeds
382	<i>Cassia mimosoides</i>	Sensitive senna								Pods
383	<i>Cassia mimosoides</i>	Sensitive senna								Leaves
384	<i>Cassia obtusifolia</i>	Java bean								Leaves
385	<i>Cassia obtusifolia</i>	Java bean								Seeds
386	<i>Cassia occidentalis</i>	Coffee senna	9.98		31.7			3.10 %		Leaves
387	<i>Cassia occidentalis</i>	Coffee senna								Pods
388	<i>Cassia occidentalis</i>	Coffee senna								Flowers
389	<i>Cassia occidentalis</i>	Coffee senna								Seeds coffee
390	<i>Cassia sophora</i>									Shoots
391	<i>Cassia sophora</i>									Seeds
392	<i>Cassia sophora</i>									Leaves
393	<i>Cassia sophora</i>									Flowers
394	<i>Cassia surattensis</i>	Singapore shower								Leaves
395	<i>Cassia tomentosa</i>	Downy cassia								Flowers boiled
396	<i>Cassia tomentosa</i>	Downy cassia								Leaves
397	<i>Cassia tora</i>	Stinking cassia	11.64		32.4			1.43 %		Seeds
398	<i>Cassia tora</i>	Stinking cassia	82.1	113	3.6		124			Leaves
399	<i>Cassytha capillaris</i>	Slender dodder								Fruit
400	<i>Cassytha filiformis</i>	Dodder laurel	86.9				5			Fruit
401	<i>Castanea sativa</i>	European chestnut	51.7	720	2.0	0	27	0.9		Nut
402	<i>Castanopsis acuminatissima</i>	Castanopsis chestnut								Nut
403	<i>Castanospermum australe</i>	Moreton Bay chestnut	51.4	824	4.0			6.1	0.3	Bean

No.	Scientific name	Common name	20							
			Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	Edible portion
477	<i>Cocos nucifera</i>	Coconut								Apple
478	<i>Cocos nucifera</i>	Coconut								Cabbage
479	<i>Coffea arabica</i>	Coffee arabica								Seeds coffee
480	<i>Coffea canephora</i>	Coffee robusta								Seeds coffee
481	<i>Coffea liberica</i>	Coffee liberian								Seeds coffee
482	<i>Coix gigantea</i>	Wild adlay								Stems - salt
483	<i>Coix lachryma-jobi</i>	Job's tears	12.5	588	15.0	0	0			Seed
484	<i>Colocasia esculenta var. esculenta</i>	Taro	66.8	1231	1.96	3	5	0.68	3.2	Root
485	<i>Colocasia esculenta var. esculenta</i>	Taro	85.0	210	5.0		90	0.62	0.7	Leaves
486	<i>Colocasia esculenta var. esculenta</i>	Taro	93.0	101	0.5	180	13	0.9		Leaf stalks
487	<i>Colocasia esculenta var. esculenta</i>	Taro	92.2	100	2.7	424	35.5	1.2	0.2	Leaves-cooked
488	<i>Colubrina asiatica</i>									Leaves
489	<i>Commelina bengalensis</i>	Dayflower								Leaves
490	<i>Commelina bengalensis</i>	Dayflower								Rhizomes
491	<i>Commelina cyanea</i>	Scurvy weed	86.7		1.6		1			Leaf bud
492	<i>Commelina diffusa</i>	Wandering Jew								Leaves
493	<i>Convolvulus sp.</i>									Leaves
494	<i>Conyza aegyptiaca</i>									Leaves
495	<i>Conyza canadensis</i>	Canadian fleabane								Leaves
496	<i>Conyza sumatrensis</i>									Leaves
497	<i>Corchorus aestuans</i>									Leaves
498	<i>Corchorus olitorius</i>	Long fruited jute	80.4	244	4.5	6410	80	7.2		Leaves
499	<i>Corchorus olitorius</i>	Long fruited jute	87.2	155	3.4	519 RE	33.0	3.1	0.8	Leaves cooked
500	<i>Corchorus olitorius</i>	Long fruited jute								Seed
501	<i>Cordia dichotoma</i>	Bird lime tree								Seed
502	<i>Cordia dichotoma</i>	Bird lime tree								Leaves
503	<i>Cordia dichotoma</i>	Bird lime tree								Flowers
504	<i>Cordia dichotoma</i>	Bird lime tree								Fruit
505	<i>Cordia subcordata</i>	Sea trumpet								Fruit
506	<i>Cordia subcordata</i>	Sea trumpet								Seed
507	<i>Cordyline fruticosa</i>	Tanget								Leaves
508	<i>Cordyline fruticosa</i>	Tanget								Fruit
509	<i>Cordyline fruticosa</i>	Tanget								Roots
510	<i>Cordyline fruticosa</i>	Tanget								Shoots
511	<i>Coriandrum sativum</i>	Coriander	11.0	1218	14.0	300	21	18.0	4.7	Seeds
512	<i>Coriandrum sativum</i>	Coriander	92.8	84	2.4	613	11	2.0	0.5	Leaves

No.	Scientific name	Common name	28							Edible portion
			Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	
763	<i>Ficus virens</i>	White fig								Fruit
764	<i>Ficus virgata</i>	Large-leaf weeping fig								Leaves
765	<i>Ficus virgata</i>	Large-leaf weeping fig								Fruit
766	<i>Ficus wassa</i>									Leaves
767	<i>Ficus wassa</i>									Fruit
768	<i>Finschia chloroxantha</i>	Finschia nuts								Nut
769	<i>Finschia ferruginiflora</i>									Nut
770	<i>Finschia rufa</i>									Nut
771	<i>Flacourtia indica</i>	Governor's plum	69.5	452	0.5	15	14	1.2		Fruit
772	<i>Flacourtia inermis</i>	Lovi-lovi								Fruit
773	<i>Flacourtia jangomas</i>	Coffee plum								Fruit
774	<i>Flacourtia jangomas</i>	Coffee plum								Leaves
775	<i>Flacourtia jangomas</i>	Coffee plum								Roots
776	<i>Flacourtia rukam</i>	Rukam	77	345	1.7					Fruit
777	<i>Flacourtia rukam</i>	Rukam								Leaves
778	<i>Flacourtia zippelii</i>									Fruit
779	<i>Flagellaria indica</i>	Supplejack								Fruit
780	<i>Flagellaria indica</i>	Supplejack								Leaves
781	<i>Flemingia involucrata</i>									Root
782	<i>Flemingia macrophylla</i>	Longleaf Wurrus								Leaves
783	<i>Flemingia macrophylla</i>	Longleaf Wurrus								Pods
784	<i>Floscapa scandens</i>									Leaves
785	<i>Foeniculum vulgare</i>	Fennel	90.2	130	1.2	13.4	12	0.7	0.2	Bulb raw
786	<i>Foeniculum vulgare</i>	Fennel	8.8	1443	15.8	14.0	21.0	18.5	3.7	Seed
787	<i>Foeniculum vulgare</i>	Fennel								Leaves
788	<i>Fortunella margarita</i>	Kumquat	81.7	264	0.9	30	37	0.4	0.1	Fruit
789	<i>Fragaria vesca</i>	Alpine strawberry								Fruit
790	<i>Fragaria x ananassa</i>	Garden strawberry	91.2	126	0.6	3	57	0.4	0.1	Fruit
791	<i>Freycinetia excelsa</i>	Climbing pandan								Fruit
792	<i>Freycinetia scandens</i>	Climbing pandan								Fruit
793	<i>Gahnia sieberiana</i>	Red-fruit saw-sedge								Seeds
794	<i>Gahnia sieberiana</i>	Red-fruit saw-sedge								Leaf base
795	<i>Galinsoga parviflora</i>	Potato weed								Leaves
796	<i>Ganophyllum falcatum</i>	Scaly ash								Fruit
797	<i>Garcinia dulcis</i>	Egg tree	86.7	205	0.4	25	5	0.4		Fruit
798	<i>Garcinia eugeniaefolia</i>									Fruit
799	<i>Garcinia mangostana</i>	Mangosteen	81.3	299	0.6		2.7	0.4		Fruit

No.	Scientific name	Common name	30							Edible portion
			Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	
836	<i>Gossypium barbadense</i>	Sea Island cotton								Leaves
837	<i>Gossypium barbadense</i>	Sea Island cotton								Seeds
838	<i>Graptophyllum pictum</i>	Caricature plant								Leaves
839	<i>Graptophyllum pictum</i>	Caricature plant								Flowers - tea
840	<i>Grifola frondosa</i>	Hen-in-the-woods								Mushroom
841	<i>Gronophyllum chaunostachys</i>	Palm cabbage								Cabbage
842	<i>Guettardella tenuiflora</i>	Crimson berry								Fruit
843	<i>Gulubia cylindrocarpa</i>	Niniu								Fruit
844	<i>Gulubia cylindrocarpa</i>	Niniu								Cabbage
845	<i>Gymnanthera oblonga</i>									Fruit
846	<i>Habenaria sp.</i>									Tuber
847	<i>Haemodorum corymbosum</i>	Bloodroot								Roots
848	<i>Hanguana malayana var. anthelmintica</i>									Stems
849	<i>Haplolobus floribundus</i>									Fruit
850	<i>Haplolobus floribundus</i>									Seed
851	<i>Hedychium coronarium</i>	Butterfly flower								Flowers
852	<i>Hedychium coronarium</i>	Butterfly flower								Tubers
853	<i>Hedyotis auricularia</i>	Honstoria								Leaves
854	<i>Heimiella rubrapuncta</i>	A mushroom								Mushroom
855	<i>Helianthus annuus</i>	Sunflower	5.4	2385	22.8	5	1.4	6.8	5.1	Seed
856	<i>Helianthus annuus</i>	Sunflower								Flower
857	<i>Helianthus tuberosus</i>	Jerusalem artichoke	79.0	281	2.0		4	0.4		Tubers
858	<i>Helicia australasica</i>									Fruit
859	<i>Helminthostachys zeylanica</i>	Flowering fern								Leaves
860	<i>Heritiera littoralis</i>	Looking glass mangrove								Seeds
861	<i>Hibiscus meraukensis</i>	Merauke Hibiscus								Seeds
862	<i>Hibiscus meraukensis</i>	Merauke Hibiscus								Flowers
863	<i>Hibiscus mutabilis</i>	Rose of Sharon								Leaves
864	<i>Hibiscus mutabilis</i>	Rose of Sharon								Root
865	<i>Hibiscus rosa-sinensis</i>	Hibiscus								Leaves
866	<i>Hibiscus rosa-sinensis</i>	Hibiscus								Flowers
867	<i>Hibiscus sabdariffa</i>	Rosella	86.4	185	10.9		35	1.5	4.1	Leaves
868	<i>Hibiscus sabdariffa</i>	Rosella								Seeds
869	<i>Hibiscus sabdariffa</i>	Rosella								Flowers
870	<i>Hibiscus sabdariffa</i>	Rosella	86.0	185	1.6	29	14	3.8		Calyces

No.	Scientific name	Common name	Moisture %	Energy kJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	Edible portion
871	<i>Hibiscus tiliaceus</i>	Beach Hibiscus	78.8	507	5.3		5			Flower
872	<i>Hibiscus tiliaceus</i>	Beach Hibiscus								Roots
873	<i>Hibiscus tiliaceus</i>	Beach Hibiscus								Leaves
874	<i>Hibiscus tiliaceus</i>	Beach Hibiscus								Bark
875	<i>Homalomena aromatica</i>									Rhizome spice
876	<i>Hornstedtia scottiana</i>	Golgol	42.0	912	4.0					Fruit
877	<i>Horsfieldia australiana</i>	Cape nutmeg	3.6	2384	11.0			4.0	2.2	Kernel
878	<i>Horsfieldia spicata</i>									
879	<i>Horsfieldia sylvestris</i>									Fruit
880	<i>Horsfieldia sylvestris</i>									Leaves spice
881	<i>Hydrocharis dubia</i>	Frog bit								Leaves
882	<i>Hydrocotyle sibthorpioides</i>	Water pennywort								Leaves
883	<i>Hyptis pectinata</i>									Leaves
884	<i>Hyptis suaveolens</i>	Mint bush								Leaves
885	<i>Hyptis suaveolens</i>	Mint bush								Seeds
886	<i>Impatiens spp.</i>									Leaves
887	<i>Indigofera linifolia</i>	Flax-leaved indigo	9.3							Seed
888	<i>Indigofera linifolia</i>	Flax-leaved indigo								Root
889	<i>Inocarpus fagifer</i>	Tahitian chestnut, Aila	43.0	1008	4.5	0	2			Nut
890	<i>Inocarpus papuanus</i>									Seed
891	<i>Intsia bijuga</i>	Kwila								Seeds
892	<i>Intsia bijuga</i>	Kwila								Leaves
893	<i>Ipomoea alba</i>	Moonflower								Leaves
894	<i>Ipomoea alba</i>	Moonflower								Flower
895	<i>Ipomoea alba</i>	Moonflower								Seed
896	<i>Ipomoea alba</i>	Moonflower								Calyces
897	<i>Ipomoea aquatica</i>	Kangkong	90.3	126	3.9	2865	60	4.54		Leaves
898	<i>Ipomoea aquatica</i>	Kangkong	92.9	84	2.1	520	16.0	1.3	0.2	Leaves - boiled
899	<i>Ipomoea batatas</i>	Sweet potato	70.0	387	1.2	4000	25	0.7	0.4	Tuber - raw
900	<i>Ipomoea batatas</i>	Sweet potato	72.0	363	1.1	1705	15	0.6	0.3	Tuber - boiled
901	<i>Ipomoea batatas</i>	Sweet potato	86.3	168	3.9	1700	58	2.9		Leaves
902	<i>Ipomoea batatas</i>	Sweet potato	72.9	431	1.7	2182	24.6	0.5	0.3	Tuber - baked
903	<i>Ipomoea cairica</i>	Coast morning glory								Leaves
904	<i>Ipomoea digitata</i>									Leaves
905	<i>Ipomoea gracilis</i>	Purple beach convolvulus			1.4					Root

No.	Scientific name	Common name	Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	Edible portion
973	<i>Luffa cylindrica</i>	Smooth loofah								Fruit
974	<i>Luffa cylindrica</i>	Smooth loofah								Leaves
975	<i>Luffa cylindrica</i>	Smooth loofah								Flowers
976	<i>Lumnitzera littorea</i>	Red flowered black mangrove								Nectar
977	<i>Lumnitzera racemosa</i>	White flowered black mangrove								Leaves
978	<i>Lupinus mutabilis</i>	Andean lupin								Seeds
979	<i>Lycopersicon esculentum</i>	Tomato	94.2	81	1.0		24	0.5	0.2	Fruit
980	<i>Lycopersicon esculentum</i>	Tomato	93.0	88	1.0	45	26	0.6	0.1	Fruit mature
981	<i>Lycopodium spp.</i>	Club moss								Leaves
982	<i>Lygodium microphyllum</i>	Climbing maidenhair fern								Leaves
983	<i>Lygodium microphyllum</i>	Climbing maidenhair fern								Rhizome
984	<i>Lysimachia japonica</i>									Leaves
985	<i>Macadamia ternifolia</i>	Macadamia	2.5	3238	7.46		Tr	0.2		Nut
986	<i>Macadamia tetraphylla</i>	Macadamia								Nut
987	<i>Macaranga tanarius</i>	Heart leaf								Leaves - drink
988	<i>Macaranga tanarius</i>	Heart leaf								Fruit
989	<i>Macaranga tanarius</i>	Heart leaf								Bark
990	<i>Maclura cochinchinensis</i>	Cockspur thorn								Fruit
991	<i>Maclura cochinchinensis</i>	Cockspur thorn								Leaves
992	<i>Madhuca spp.</i>									Fruit
993	<i>Maesa edulis</i>									Fruit
994	<i>Mallotus philippensis</i>									
995	<i>Mangifera altissima</i>	Wild mango	82.0	277	0.7	131 IU	93			Fruit
996	<i>Mangifera foetida</i>	Horse mango	72.5		1.4		56			Fruit
997	<i>Mangifera indica</i>	Mango	83.0	253	0.5	1200	30	0.5	0.04	Fruit
998	<i>Mangifera indica</i>	Mango								Seed
999	<i>Mangifera indica</i>	Mango								Gum
1000	<i>Mangifera indica</i>	Mango		122	0.5		60			Leaves
1001	<i>Mangifera minor</i>	Wild mango								Fruit
1002	<i>Manihot esculenta 1</i>	Cassava	67.0	546	0.8		35	0.5		Tuber
1003	<i>Manihot esculenta 1</i>	Cassava	75.0	332	6.2		300	2.0		Leaves
1004	<i>Manihot esculenta 2</i>	Cassava	62.8	625	1.4	30	15	0.23	0.48	Tuber

No.	Scientific name	Common name	36							Edible portion
			Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	
1036	<i>Microcos sp.</i>									Fruit
1037	<i>Microsorium commutatum</i>									
1038	<i>Microsorium linguaeforme</i>									
1039	<i>Microsorium musifolium</i>									
1040	<i>Microsorium scolopendria</i>									
1041	<i>Microtis unifolia</i>	Onion-leaf orchid								Bulb
1042	<i>Mikania chevalieri</i>									Leaves
1043	<i>Millettia pinnata</i>	Poona oil tree								Seeds
1044	<i>Mimusops elengi</i>	Red coondoo	46.6	825	2.9		223			Fruit
1045	<i>Mirabilis jalapa</i>	Four O'Clock Plant								Leaves
1046	<i>Miscanthus floridulus</i>	Amur silvergrass								Shoots
1047	<i>Miscanthus japonicus</i>									Shoots
1048	<i>Mischocarpus lachnocarpus</i>	Woolly pear-fruit								Fruit
1049	<i>Mollugo pentaphylla</i>									Leaves
1050	<i>Momordica charantia</i>	Bitter cucumber	93.6	105	1.2			0.2		Fruit
1051	<i>Momordica charantia</i>	Bitter cucumber	84.7	252	5.0	1734	170	7.1	0.3	Leaves raw
1052	<i>Momordica charantia</i>	Bitter cucumber	88.7	146	3.6	173	57	1.0	0.3	Leaves-boiled
1053	<i>Momordica charantia</i>	Bitter cucumber	94.0	71	1.0	380	84	0.4	0.8	Pods raw
1054	<i>Momordica charantia</i>	Bitter cucumber	94.0	79	0.8	11	33	0.40	0.8	Pods-boiled
1055	<i>Momordica cochinchinensis</i>	Spiny bitter cucumber								Fruit
1056	<i>Momordica cochinchinensis</i>	Spiny bitter cucumber								Leaves
1057	<i>Monimiacea sp.</i>									Seed
1058	<i>Monochoria hastata</i>	Arrow-leafed monochoria								Leaves
1059	<i>Monochoria hastata</i>	Arrow-leafed monochoria								Stems
1060	<i>Monochoria vaginalis</i>	Oval-leaf monochoria								Leaves
1061	<i>Monochoria vaginalis</i>	Oval-leaf monochoria								Flowers
1062	<i>Monochoria vaginalis</i>	Oval-leaf monochoria								Tubers
1063	<i>Monstera deliciosa</i>	Ceriman	77.8	305	1.8					Fruit
1064	<i>Morinda citrifolia</i>	Indian mulberry	86.1	160	0.8		56	1.1		Fruit
1065	<i>Morinda citrifolia</i>	Indian mulberry	77.6	449	4.5		50	2.3		Leaves
1066	<i>Moringa oleifera</i>	Drumstick tree	76.4	302	5.0		165	3.6		Leaves
1067	<i>Moringa oleifera</i>	Drumstick tree	6.5		46.6					Seed
1068	<i>Moringa oleifera</i>	Drumstick tree	88.2	155	2.1	7	141	0.4	0.5	Pods - raw

No.	Scientific name	Common name	39							Edible portion
			Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	
1140	<i>Nymphaea violacea</i>	Blue waterlily	75.5	330	1.3			0.2	0.3	Seed
1141	<i>Nymphaea violacea</i>	Blue waterlily	60.8	479	4.7			23.6	1.1	Bulb
1142	<i>Nymphoides geminata</i>	Large marshwort								Root
1143	<i>Nymphoides parvifolium</i>	Floating heart								Leaves
1144	<i>Nypa fruticans</i>	Nypa palm	88.9		1.6		2	0.4		Fruit
1145	<i>Nypa fruticans</i>	Nypa palm								Sap
1146	<i>Ochrosia akkeringae</i>									
1147	<i>Ochrosia coccinea</i>									
1148	<i>Ocimum basilicum</i>	Sweet basil	6.4	1051	14.4	938	61.2	42.0	5.8	Seed
1149	<i>Ocimum basilicum</i>	Sweet basil	91.0	113	2.5	386	18.0	3.2	0.9	Leaves -fresh
1150	<i>Ocimum basilicum</i>	Sweet basil								Flower
1151	<i>Ocimum tenuiflorum</i>	Holy basil								Leaves
1152	<i>Ocimum tenuiflorum</i>	Holy basil								Seeds
1153	<i>Oenanthe javanica</i>	Water dropwort					6			Leaves
1154	<i>Olea europaea</i>	Olive	80.0	481	0.84	40	0.9	1.6	0.2	Fruit - ripe
1155	<i>Omphalea queenslandiae</i>	Tambour	28.5	1991	11.5			2.1	3.4	Seed
1156	<i>Operculina turpethum</i>									Leaves
1157	<i>Ophioglossum reticulatum</i>	Adder's tongue								Leaves
1158	<i>Ophiorrhiza spp.</i>									Leaves
1159	<i>Opilia amentacea</i>	Yellow plum								Fruit
1160	<i>Origanum marjorana</i>	Marjoram	7.6	1136	12.7	807	51.4	82.7	3.6	Leaves - dried
1161	<i>Origanum vulgare</i>	Oregano	7.2	1280	11.0	690	50.0	44.0	4.4	Leaves - dried
1162	<i>Ormocarpum orientale</i>	Kalava								Leaves
1163	<i>Oryza rufipogon</i>	Wild rice								Seeds
1164	<i>Oryza sativa</i>	Rice	11.4		4.8		0	1.0		Seed white
1165	<i>Oryza sativa</i>	Rice			8.0			2.5		Seed brown
1166	<i>Osbornia octodonta</i>	Myrtle mangrove								Leaves -spice
1167	<i>Otanthera bracteata</i>	Wild strawberries								Fruit
1168	<i>Ottelia alismoides</i>	Pond lettuce								Fruit
1169	<i>Ottelia alismoides</i>	Pond lettuce								Leaves spice
1170	<i>Oxalis corniculata</i>	Yellow wood-sorrel	84.9	97	3.9		98			Leaves
1171	<i>Oxalis corniculata</i>	Yellow wood-sorrel								Fruit
1172	<i>Oxalis corniculata</i>	Yellow wood-sorrel								Seed
1173	<i>Oxalis tuberosa</i>	Oca	84		1.1					Tubers
1174	<i>Oxalis tuberosa</i>	Oca								Leaves
1175	<i>Oxalis tuberosa</i>	Oca								Flowers
1176	<i>Pachyrrhizus erosus</i>	Yam bean	89.0	160	1.0	2	20	0.6	0.2	Tuber - raw

No.	Scientific name	Common name	40	Energy kJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	Edible portion
			Moisture %							
1177	<i>Pachyrrhizus erosus</i>	Yam bean	8.1		38.5					Seed
1178	<i>Pachyrrhizus erosus</i>	Yam bean	86.0	189	2.6	345		1.3		Fresh pods
1179	<i>Palaquium galactoxylum</i>	Cairns pencil cedar								Fruit
1180	<i>Palmeria sp.</i>									Leaves
1181	<i>Pandanus antaresensis</i>									Nut
1182	<i>Pandanus brosimos</i>	Wild karuka	10.0		8.5					Nuts
1183	<i>Pandanus carrii</i>									Nut
1184	<i>Pandanus conoideus</i>	Marita								Fruit
1185	<i>Pandanus dubius</i>									Nuts
1186	<i>Pandanus englerianus</i>									Fruit
1187	<i>Pandanus foveolatus</i>									Nut
1188	<i>Pandanus iwen</i>									Nut
1189	<i>Pandanus julianettii</i>	Karuka		2868	11.9					Seed
1190	<i>Pandanus krauelianus</i>									Fruit
1191	<i>Pandanus lamekotensis</i>									Fruit
1192	<i>Pandanus lauterbachii</i>									Fruit
1193	<i>Pandanus limbatus</i>									Nut
1194	<i>Pandanus magnificus</i>									Fruit
1195	<i>Pandanus odoratissimus</i>									Leaf
1196	<i>Pandanus odoratissimus</i>									Fruit
1197	<i>Pandanus polycephalus</i>									Leaves
1198	<i>Pandanus tectorius</i>	Coastal pandanus	80.0		0.4					Fruit
1199	<i>Pandanus tectorius</i>	Coastal pandanus								Flowers
1200	<i>Pandanus tectorius</i>	Coastal pandanus								Nuts
1201	<i>Pandanus tectorius</i>	Coastal pandanus								Leaves
1202	<i>Pangium edule</i>	Sis								Seeds
1203	<i>Papuacedrus papuana</i>									Leaves
1204	<i>Parartocarpus venenosus</i>									Fruit
1205	<i>Parartocarpus venenosus</i>									Seeds
1206	<i>Parinari nonda</i>	Nonda plum	78.3	222	1.0		1	1.5	0.4	Fruit
1207	<i>Parsonsia sp.</i>									Fruit
1208	<i>Paspalum conjugatum</i>	West Indian sour grass								Seed
1209	<i>Paspalum scrobiculatum</i>	Kodo millet								Seed
1210	<i>Passiflora aurantia</i>	Red passionflower								Fruit
1211	<i>Passiflora edulis</i>	Purple passionfruit	73.3	280	2.8	10	20	1.3	0.1	Fruit
1212	<i>Passiflora foetida</i>	Passionflower	64.2	421	4.9		5	8.4	1.1	Fruit

No.	Scientific name	Common name	41							Edible portion
			Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	
1213	<i>Passiflora foetida</i>	Passionflower	86.0	176	6.9		220			Leaves
1214	<i>Passiflora laurifolia</i>	Yellow granadilla								Fruit
1215	<i>Passiflora ligularis</i>	Sweet granadilla	78.5	393	2.8	20	20	0.9		Fruit
1216	<i>Passiflora quadrangularis</i>	Granadilla	78.4	339	1.9		15	2.9		Seed & aril
1217	<i>Passiflora quadrangularis</i>	Granadilla	94.4	170	0.7		15	0.8		Flesh only
1218	<i>Passiflora tripartita var. mollisima</i>	Banana passionfruit								Fruit
1219	<i>Pastinaca sativa</i>	Parsnip	82.5	210	1.7	0	15	0.6	0.1	Root - raw
1220	<i>Pastinaca sativa</i>	Parsnip	83.2	238	1.3	0	10	0.5	0.1	Root - boiled
1221	<i>Pennisetum purpureum</i>	Elephant grass								Shoots
1222	<i>Pentaspadon motleyi</i>									Fruit
1223	<i>Pentaspadon motleyi</i>									Seeds
1224	<i>Peperomia pellucida</i>	Silver bush								Leaves
1225	<i>Perilla frutescens</i>	Perilla								Leaves
1226	<i>Persea americana var. americana</i>	Avocado	74.4	805	1.8	480	11	0.7	0.4	Fruit
1227	<i>Persicaria attentuata</i>	Watersmart weed								Leaves
1228	<i>Persicaria barbata</i>	Smartweed								Leaves
1229	<i>Petroselinum crispum</i>	Parsley	78.7	88	5.2	7000	150	8.0	0.9	Leaves - raw
1230	<i>Petroselinum crispum</i>	Parsley								Root
1231	<i>Petroselinum crispum</i>	Parsley	9.0	1156	22.4	2334	122	97.9	4.8	Leaves - dried
1232	<i>Phaeomeria speciosa</i>	Torch ginger								Shoots
1233	<i>Phaeomeria speciosa</i>	Torch ginger								Flower stalks
1234	<i>Phaleria papuana</i>									Fruit
1235	<i>Phaseolus adenanthus</i>	Potato bean	28.3		6.0					Tuber
1236	<i>Phaseolus coccineus subsp. coccineus</i>	Scarlet runner bean	12.0	1419	20.3	Tr	7	9.0		Seeds
1237	<i>Phaseolus coccineus subsp. coccineus</i>	Scarlet runner bean								Pods
1238	<i>Phaseolus coccineus subsp. coccineus</i>	Scarlet runner bean								Leaves
1239	<i>Phaseolus coccineus subsp. coccineus</i>	Scarlet runner bean								Roots
1240	<i>Phaseolus lunatus</i>	Lima bean	12.0	1407	19.8	Tr	0	5.6		Seed dry
1241	<i>Phaseolus lunatus</i>	Lima bean	67.2	515	6.8	37	10.1	2.5	0.8	Seed - cooked
1242	<i>Phaseolus lunatus</i>	Lima bean	70.2	473	6.8	30	23.4	3.1	0.8	Seeds raw
1243	<i>Phaseolus vulgaris</i>	Common bean	10.0	1386	25.0	10	1	8.0	2.8	Seeds dry
1244	<i>Phaseolus vulgaris</i>	Common bean	92.0	142	3.0		20	0.8	0.2	Seeds green
1245	<i>Phaseolus vulgaris</i>	Common bean	88.0	151	2.5	750	27	1.4	0.2	Pods green
1246	<i>Phaseolus vulgaris</i>	Common bean	77.3	351	6.6	668	25	1.8	1.0	Pod + seed
1247	<i>Phaseolus vulgaris</i>	Common bean	80.4	304	5.6		17	1.3		Seeds green boiled
1248	<i>Phaseolus vulgaris</i>	Common bean	90.7	121	4.2	0	38.7	0.8	0.4	Seeds sprouted

No.	Scientific name	Common name	42							Edible portion
			Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	
1249	<i>Phoenix dactylifera</i>	Date palm	58.5	598	0.9	50	6	1.3		Fruit
1250	<i>Phoenix dactylifera</i>	Date palm	22.5	1151	2.0	5	0	1.2	0.3	Fruit -dry
1251	<i>Phragmites australis</i>	Common reed								Root
1252	<i>Phragmites australis</i>	Common reed								Shoots
1253	<i>Phragmites australis</i>	Common reed								Seed
1254	<i>Phragmites karka</i>	Tropical reed								Shoot
1255	<i>Phrynium sp.</i>									Leaves
1256	<i>Phyllanthus sp.</i>									
1257	<i>Phyllanthus urinaria</i>	Leaf-blossum								Leaves
1258	<i>Physalis angulata</i>	Tooth-leaved winter cherry	83.9	113	4.0		58			Leaves
1259	<i>Physalis angulata</i>	Tooth-leaved winter cherry								Fruit
1260	<i>Physalis minima</i>	Native gooseberry	84.2	264	3.2		1	4.2	0.5	Fruit
1261	<i>Physalis minima</i>	Native gooseberry								Leaves
1262	<i>Physalis minor</i>									Fruit
1263	<i>Pilea sp.</i>									Leaves
1264	<i>Pilea sp.</i>									Flowers
1265	<i>Pimeleodendron amboinicum</i>									Seeds
1266	<i>Piper betle</i>	Betel pepper								Leaves
1267	<i>Piper betle</i>	Betel pepper								Fruit
1268	<i>Piper caninum</i>									Fruit
1269	<i>Piper methysticum</i>	Kava								Roots
1270	<i>Piper nigrum</i>	Pepper	10.5	1067	11.0	19	21.0	28.9	1.4	Sseeds - black
1271	<i>Piper nigrum</i>	Pepper	11.4	1238	10.4	0	21.0	14.3	1.1	Seeds - white
1272	<i>Piper rothianum</i>									Fruit
1273	<i>Piper stenocarpum</i>									Leaves
1274	<i>Piper umbellatum</i>	Shrubby pepper								Leaves
1275	<i>Piper umbellatum</i>	Shrubby pepper								Fruit
1276	<i>Piper umbellatum</i>	Shrubby pepper								Flowers
1277	<i>Piper umbellatum var. subpeltatum</i>									Leaves
1278	<i>Piper umbellatum var. subpeltatum</i>									Flowers
1279	<i>Pipturus argenteus</i>	White nettle								Fruit
1280	<i>Pipturus argenteus</i>	White nettle								Bark
1281	<i>Pipturus argenteus</i>	White nettle								Leaves
1282	<i>Pipturus argenteus</i>	White nettle								Seeds
1283	<i>Pistacia vera</i>	Pistachio nut	5.9	2598	17.6	55	7	7.3	2.2	Seed

No.	Scientific name	Common name	53							Edible portion
			Moisture %	Energy KJ	Protein %	Vit A µg	Vit C mg	Iron mg	Zinc mg	
1641	<i>Vigna marina</i>	Dune bean								Leaves
1642	<i>Vigna marina</i>	Dune bean								Root
1643	<i>Vigna minima</i>									
1644	<i>Vigna mungo</i>	Mung bean	12.0	981	22.0	24	Tr	8.0		Seeds - raw
1645	<i>Vigna mungo</i>	Mung bean	93.4	88	2.0	1	11.4	0.7	0.5	Seeds sprouted
1646	<i>Vigna mungo</i>	Mung bean								Pods
1647	<i>Vigna mungo</i>	Mung bean								Leaves
1648	<i>Vigna radiata</i>	Green gram bean		439	7.0	2.4RE	1.0	1.4		Seed cooked
1649	<i>Vigna radiata</i>	Green gram bean	11.0	1432	22.9	55	4	7.1		Seeds dry
1650	<i>Vigna radiata</i>	Green gram bean	90.4	126	3.0	2	13.2	0.9	0.4	Seed sprouted
1651	<i>Vigna radiata</i>	Green gram bean								Root
1652	<i>Vigna reticulata</i>									Leaves
1653	<i>Vigna reticulata</i>									Roots
1654	<i>Vigna trilobata</i>									Seeds
1655	<i>Vigna trilobata</i>									Pods
1656	<i>Vigna trilobata</i>									Leaves
1657	<i>Vigna umbellata</i>	Rice bean	13.0	1373	20.9			10.9		Seeds
1658	<i>Vigna umbellata</i>	Rice bean								Seeds sprouted
1659	<i>Vigna umbellata</i>	Rice bean								Pods
1660	<i>Vigna umbellata</i>	Rice bean								Leaves
1661	<i>Vigna unguiculata ssp. sesquipedalis</i>	Yard long bean								Pods
1662	<i>Vigna unguiculata ssp. sesquipedalis</i>	Yard long bean								Seeds
1663	<i>Vigna unguiculata ssp. sesquipedalis</i>	Yard long bean								Leaves
1664	<i>Vigna unguiculata subsp. unguiculata</i>	Cowpea	11.2	1189	23.5		1.5	6.4		Seeds - dry
1665	<i>Vigna unguiculata subsp. unguiculata</i>	Cowpea	88.4	143	4.2	712IU	35	4.7	0.3	Leaves raw
1666	<i>Vigna unguiculata subsp. unguiculata</i>	Cowpea	91.3	92	4.7	576IU	18	1.1	0.2	Leaves - boiled
1667	<i>Vigna unguiculata subsp. unguiculata</i>	Cowpea	75.5	406	3.2	79	2.2	1.1	1.0	Seeds boiled
1668	<i>Vigna unguiculata subsp. unguiculata</i>	Cowpea	89.5	142	2.6	45	17.0	0.7	0.2	Pods boiled
1669	<i>Vigna vexillata</i>	Pencil yam	68.9	287	2.3			10.0	1.7	Root
1670	<i>Vigna vexillata</i>	Pencil yam								Seeds
1671	<i>Vigna vexillata var. youngiana</i>		71.7		2.0		5			Root
1672	<i>Viola betoniciiifolia</i>	Mountain violet								Leaves
1673	<i>Viscum articulatum</i>	Mistletoe								Fruit
1674	<i>Vitis vinifera</i>	European grape	19.2	1184	4.1	7	4.7	3.3	0.7	Fruit dried
1675	<i>Vitis vinifera</i>	European grape	80.6	297	0.7	7	10.8	0.3	0.1	Fruit raw
1676	<i>Vitis vinifera</i>	European grape	73.3	389	5.6	2699	11.1	2.6	0.7	Leaves - raw
1677	<i>Voandzeia subterranea</i>	Bambara groundnut	57.0	638	7.8					Fresh seeds

Common name	No.	Scientific name			
A bullrush	1452	<i>Scirpus grossus</i>	Australian bluebell	1681	<i>Wahlenbergia gracilis</i>
A fern	582	<i>Cyclosorus interruptus</i>	Australian cashew	1466	<i>Semecarpus australiensis</i>
A mushroom	93	<i>Amanita hemibapha</i>	Australian cashew	1467	<i>Semecarpus australiensis</i>
A mushroom	465	<i>Clitocybe spp.</i>	Avocado	1226	<i>Persea americana</i> var. <i>americana</i>
A mushroom	854	<i>Heimiella rubrapuncta</i>	Backscratcher	1570	<i>Tapeinochilos annanassae</i>
Adder's tongue	1157	<i>Ophioglossum reticulatum</i>	Bamaga satinash	1561	<i>Syzygium tierneyanum</i>
Adriatic fig	732	<i>Ficus carica</i>	Bambara groundnut	1677	<i>Voandzeia subterranea</i>
Adriatic fig	733	<i>Ficus carica</i>	Bambara groundnut	1678	<i>Voandzeia subterranea</i>
Adriatic fig	734	<i>Ficus carica</i>	Bambara groundnut	1679	<i>Voandzeia subterranea</i>
African elm	1600	<i>Trema orientalis</i>	Bambara groundnut	1680	<i>Voandzeia subterranea</i>
African elm	1601	<i>Trema orientalis</i>	Banana passionfruit	1218	<i>Passiflora tripartita</i> var. <i>mollissima</i>
African tulip tree	1527	<i>Spathodea campanulata</i>	Banana, Plantain	1095	<i>Musa sp (A &/or B genome) cv.</i>
Aibika	9	<i>Abelmoschus manihot</i>	Banana, Plantain	1096	<i>Musa sp (A &/or B genome) cv.</i>
Air plant	922	<i>Kalanchoe pinnata</i>	Bank's fringed lily	1597	<i>Thysanotus banksii</i>
Akee	227	<i>Blighia sapida</i>	Bat's wing coral tree	710	<i>Erythrina vespertilio</i>
Akee	228	<i>Blighia sapida</i>	Beach cherry	712	<i>Eugenia reinwardtiana</i>
Almond	1347	<i>Prunus dulcis</i> var. <i>amygdalus</i>	Beach Hibiscus	871	<i>Hibiscus tiliaceus</i>
Alpine strawberry	789	<i>Fragaria vesca</i>	Beach Hibiscus	872	<i>Hibiscus tiliaceus</i>
Amur silvergrass	1046	<i>Miscanthus floridulus</i>	Beach Hibiscus	873	<i>Hibiscus tiliaceus</i>
Andean lupin	978	<i>Lupinus mutabilis</i>	Beach Hibiscus	874	<i>Hibiscus tiliaceus</i>
Angled loofah	971	<i>Luffa acutangula</i>	Beach yellow Hibiscus	1593	<i>Thespesia populneoides</i>
Angled loofah	972	<i>Luffa acutangula</i>	Bean tree	406	<i>Cathormion umbellatum</i>
Anisoptera	127	<i>Anisoptera thurifera</i>	Bean tree	407	<i>Cathormion umbellatum</i>
Anu	1619	<i>Tropaeolum tuberosum</i>	Beauty leaf	321	<i>Calophyllum inophyllum</i>
Apple of Peru	1123	<i>Nicandra physaloides</i>	Beauty leaf	322	<i>Calophyllum inophyllum</i>
Apple of Peru	1124	<i>Nicandra physaloides</i>	Beefsteak plant	913	<i>Iresine herbstii</i>
Archer cherry	56	<i>Aidia racemosa</i>	Beetroot	216	<i>Beta vulgaris</i>
Arenga palm	154	<i>Arenga microcarpa</i>	Beetroot	217	<i>Beta vulgaris</i>
Arnhem land quandong	678	<i>Elaeocarpus arnhemicus</i>	Beetroot	218	<i>Beta vulgaris</i>
Arrow-leafed monochoria	1058	<i>Monochoria hastata</i>	Beetroot	219	<i>Beta vulgaris</i>
Arrow-leafed monochoria	1059	<i>Monochoria hastata</i>	Begonia treevine	441	<i>Cissus discolor</i>
Asian bug tree	1502	<i>Solanum mauritianum</i>	Begonia treevine	442	<i>Cissus discolor</i>
Asian pennywort	415	<i>Centella asiatica</i>	Belimbing hutan	30	<i>Aceratium oppositifolium</i>
Asparagus	169	<i>Asparagus officinalis</i>	Bellbird vine	1026	<i>Melodinus australis</i>
Asparagus	170	<i>Asparagus officinalis</i>	Benjamin's fig	729	<i>Ficus benjamina</i> var. <i>benjamina</i>
Asthma plant	716	<i>Euphorbia hirta</i>	Bermuda grass	691	<i>Eleusine indica</i>
Atemoya	129	<i>Annona cherimola</i> x <i>A squamosa</i>	Bermuda grass	692	<i>Eleusine indica</i>
			Betel nut	148	<i>Areca catechu</i>

Betel nut	149	<i>Areca catechu</i>	Blue waterlily	1141	<i>Nymphaea violacea</i>
Betel pepper	1266	<i>Piper betle</i>	Bluebell	1682	<i>Wahlenbergia marginata</i>
Betel pepper	1267	<i>Piper betle</i>	Bluegrass	623	<i>Dichanthium annulatum</i>
Billabong tree	357	<i>Carallia brachiata</i>	Bok Choy celery	271	<i>Brassica rapa</i> var. <i>chinensis</i>
Billabong tree	358	<i>Carallia brachiata</i>	Bok Choy celery	272	<i>Brassica rapa</i> var. <i>chinensis</i>
Billabong tree	359	<i>Carallia brachiata</i>	Bok Choy celery	273	<i>Brassica rapa</i> var. <i>chinensis</i>
Bird lime tree	501	<i>Cordia dichotoma</i>	Bolwarra	720	<i>Eupomatia laurina</i>
Bird lime tree	502	<i>Cordia dichotoma</i>	Bottle gourd	932	<i>Lagenaria siceraria</i>
Bird lime tree	503	<i>Cordia dichotoma</i>	Bottle gourd	933	<i>Lagenaria siceraria</i>
Bird lime tree	504	<i>Cordia dichotoma</i>	Bottle gourd	934	<i>Lagenaria siceraria</i>
Bird's eye	14	<i>Abrus precatorius</i>	Brazil cress	1528	<i>Spilanthes paniculata</i>
Bird's nest fern	172	<i>Asplenium nidus</i>	Brazil Nutmeg	1098	<i>Myristica fatua</i>
Bitter cucumber	1050	<i>Momordica charantia</i>	Brazilian fireweed	702	<i>Erechtites valerianifolia</i>
Bitter cucumber	1051	<i>Momordica charantia</i>	Brazilian fireweed	703	<i>Erechtites valerianifolia</i>
Bitter cucumber	1052	<i>Momordica charantia</i>	Brazilian tea	1534	<i>Stachytarpheta jamaicensis</i>
Bitter cucumber	1053	<i>Momordica charantia</i>	Bread nut	276	<i>Brosimum alicastrum</i>
Bitter cucumber	1054	<i>Momordica charantia</i>	Bread nut	277	<i>Brosimum alicastrum</i>
Bitter yam	637	<i>Dioscorea hispida</i>	Bread nut	278	<i>Brosimum alicastrum</i>
Bixa	225	<i>Bixa orellana</i>	Breadfruit	157	<i>Artocarpus altilis</i>
Black currant tree	137	<i>Antidesma ghaesembilla</i>	Breadfruit	158	<i>Artocarpus altilis</i>
Black currant tree	138	<i>Antidesma ghaesembilla</i>	Breadfruit	159	<i>Artocarpus altilis</i>
Black mangrove	1392	<i>Rhizophora mucronata</i>	Breadfruit seeded	160	<i>Artocarpus altilis</i> var. <i>seminifera</i>
Black mangrove	1393	<i>Rhizophora mucronata</i>	Broad-leaf Carbeen	517	<i>Corymbia confertiflora</i>
Black mulberry	1077	<i>Morus nigra</i>	Broadleaf lillypilly	36	<i>Acmena hemilampra</i> var.
Black palm	1125	<i>Normanbya normanbyi</i>	<i>hemilampra</i>		
Black palm	1126	<i>Normanbya normanbyi</i>	Broad-leaved Cumbungi	1623	<i>Typha orientalis</i>
Black pine	1545	<i>Sundocarpus amarus</i>	Broad-leaved Cumbungi	1624	<i>Typha orientalis</i>
Black raspberry	1410	<i>Rubus lasiocarpus</i>	Broad-leaved Cumbungi	1625	<i>Typha orientalis</i>
Black wattle	16	<i>Acacia auriculiformis</i>	Broad-leaved paperbark	1018	<i>Melaleuca viridiflora</i>
Blackberried nightshade	1506	<i>Solanum nigrum</i>	Broad-leaved paperbark	1019	<i>Melaleuca viridiflora</i> var. <i>rubriflora</i>
Blackberried nightshade	1507	<i>Solanum nigrum</i>	Broad-leaved paperbark	1020	<i>Melaleuca viridiflora</i> var. <i>rubriflora</i>
Blackeyed Susan vine	1594	<i>Thunbergia alata</i>	Broccoli	266	<i>Brassica oleracea</i> var. <i>italica</i>
Bleulai	1473	<i>Semecarpus nidificans</i>	Broccoli	267	<i>Brassica oleracea</i> var. <i>italica</i>
Bloodroot	847	<i>Haemodorum corymbosum</i>	Broccoli	268	<i>Brassica oleracea</i> var. <i>italica</i>
Blue flax lily	621	<i>Dianella caerulea</i>	Brown Albizia	58	<i>Albizia procera</i>
Blue flax lily	622	<i>Dianella caerulea</i>	Brown Albizia	59	<i>Albizia procera</i>
Blue quandong	677	<i>Elaeocarpus angustifolius</i>	Brown-woolly fig	741	<i>Ficus drupacea</i>
Blue Rubi	942	<i>Lasianthus strigosus</i>	Brussels sprouts	262	<i>Brassica oleracea</i> var. <i>gemmifera</i>
Blue waterlily	1140	<i>Nymphaea violacea</i>	Brussels sprouts	263	<i>Brassica oleracea</i> var. <i>gemmifera</i>

Buckwheat	724	<i>Fagopyrum esculentum</i>	Candle bush	1474	<i>Senna alata</i>
Buckwheat	725	<i>Fagopyrum esculentum</i>	Candle bush	1475	<i>Senna alata</i>
Buffalo clover	92	<i>Alysicarpus vaginalis</i>	Candle nut	62	<i>Aleurites moluccana</i>
Bukubuk	310	<i>Burckella obovata</i>	Candle nut	63	<i>Aleurites moluccana 2</i>
Bulb onion	71	<i>Allium cepa</i> var. <i>cepa</i>	Candle nut	64	<i>Aleurites moluccana 3</i>
Bulb onion	72	<i>Allium cepa</i> var. <i>cepa</i>	Canistel	1331	<i>Pouteria campechiana</i>
Bulb onion	73	<i>Allium cepa</i> var. <i>cepa</i>	Canistel	1332	<i>Pouteria campechiana</i>
Bullock's heart	132	<i>Annona reticulata</i>	Cannabis	348	<i>Cannabis sativa</i>
Bunching onion	74	<i>Allium fistulosum</i>	Cannabis	349	<i>Cannabis sativa</i>
Bungwall fern	226	<i>Blechnum orientale</i>	Cape nutmeg	877	<i>Horsfieldia australiana</i>
Burdekin plum	1298	<i>Pleiogynium timorense</i>	Cape York Lily	561	<i>Curcuma australasica</i>
Burdekin plum	1299	<i>Pleiogynium timorense</i>	Capsicum	351	<i>Capsicum annuum</i> var. <i>annuum</i>
Burmese rosewood	1364	<i>Pterocarpus indicus</i>	Capsicum	352	<i>Capsicum annuum</i> var. <i>annuum</i>
Burmese rosewood	1365	<i>Pterocarpus indicus</i>	Capsicum	353	<i>Capsicum annuum</i> var. <i>annuum</i>
Burney bean	1079	<i>Mucuna gigantea</i>	Capsicum	354	<i>Capsicum annuum</i> var. <i>annuum</i>
Burweed	1615	<i>Triumfetta rhomboidea</i>	Cardamon	690	<i>Elettaria cardamomum</i>
Bush potato	705	<i>Eriosema chinense</i>	Caricature plant	838	<i>Graptophyllum pictum</i>
Butterfly bean	466	<i>Clitoria ternatea</i>	Caricature plant	839	<i>Graptophyllum pictum</i>
Butterfly bean	467	<i>Clitoria ternatea</i>	Carrot	600	<i>Daucus carota</i>
Butterfly bean	468	<i>Clitoria ternatea</i>	Carrot	601	<i>Daucus carota</i>
Butterfly flower	198	<i>Bauhinia monandra</i>	Carrot	602	<i>Daucus carota</i>
Butterfly flower	199	<i>Bauhinia monandra</i>	Cashew	117	<i>Anacardium occidentale</i>
Butterfly flower	851	<i>Hedychium coronarium</i>	Cashew	118	<i>Anacardium occidentale</i>
Butterfly flower	852	<i>Hedychium coronarium</i>	Cashew	119	<i>Anacardium occidentale</i>
Butterfly tree	200	<i>Bauhinia purpurea</i>	Cassava	1002	<i>Manihot esculenta 1</i>
Butterfly tree	201	<i>Bauhinia purpurea</i>	Cassava	1003	<i>Manihot esculenta 1</i>
Butterfly tree	202	<i>Bauhinia purpurea</i>	Cassava	1004	<i>Manihot esculenta 2</i>
Cabbage	259	<i>Brassica oleracea</i> var. <i>capitata</i>	Cassava	1005	<i>Manihot esculenta 2</i>
Cabbage	260	<i>Brassica oleracea</i> var. <i>capitata</i>	Cassod tree	1476	<i>Senna siamea</i>
Cabbage	261	<i>Brassica oleracea</i> var. <i>capitata</i>	Cassod tree	1477	<i>Senna siamea</i>
Cacao	1590	<i>Theobroma cacao</i>	Cassod tree	1478	<i>Senna siamea</i>
Cairns pencil cedar	1179	<i>Palaquium galactoxylum</i>	Castanopsis chestnut	402	<i>Castanopsis acuminatissima</i>
Caladium	316	<i>Caladium bicolor</i>	Cauliflower	255	<i>Brassica oleracea</i> var. <i>botrytis</i>
Calapo	323	<i>Calopogonium mucunoides</i>	Cauliflower	256	<i>Brassica oleracea</i> var. <i>botrytis</i>
Calappa palm	45	<i>Actinorhynchis calapparia</i>	Cauliflower	257	<i>Brassica oleracea</i> var. <i>botrytis</i>
Caltrops	1605	<i>Tribulus cistoides</i>	Cauliflower	258	<i>Brassica oleracea</i> var. <i>botrytis</i>
Canadian elderberry	1436	<i>Sambucus canadensis</i>	Celery	142	<i>Apium graveolens</i> var. <i>dulce</i>
Canadian elderberry	1437	<i>Sambucus canadensis</i>	Celery	143	<i>Apium graveolens</i> var. <i>dulce</i>
Canadian fleabane	495	<i>Conyza canadensis</i>	Celery	144	<i>Apium graveolens</i> var. <i>dulce</i>

Ceriman	1063	<i>Monstera deliciosa</i>	Climbing hibiscus	12	<i>Abelmoschus moschatus ssp.</i>
Ceylon sago	579	<i>Cycas rumphii</i>	<i>tuberosus</i>		
Ceylon sago	580	<i>Cycas rumphii</i>	Climbing maidenhair fern	982	<i>Lygodium microphyllum</i>
Ceylon sago	581	<i>Cycas rumphii</i>	Climbing maidenhair fern	983	<i>Lygodium microphyllum</i>
Chaff flower	31	<i>Achyranthes aspera</i>	Climbing morning glory	909	<i>Ipomoea macrantha</i>
Chaff flower	32	<i>Achyranthes aspera</i>	Climbing pandan	791	<i>Freycinetia excelsa</i>
Chaff flower	33	<i>Achyranthes aspera</i>	Climbing pandan	792	<i>Freycinetia scandens</i>
Chaff flower	34	<i>Achyranthes bidentata</i>	Climbing Tu-lip	831	<i>Gnetum latifolium</i>
Chaff flower	35	<i>Achyranthes bidentata</i>	Climbing Tu-lip	832	<i>Gnetum latifolium</i>
Cherimoya	128	<i>Annona cherimola</i>	Climbing Tu-lip	833	<i>Gnetum latifolium</i>
Cherry beech	1588	<i>Ternstroemia cherryi</i>	Clove	1550	<i>Syzygium aromaticum</i>
Cherry guava	1352	<i>Psidium cattleianum</i>	Club moss	981	<i>Lycopodium spp.</i>
Chickpea	431	<i>Cicer arietinum</i>	Cluster fig	756	<i>Ficus racemosa</i>
Chickpea	432	<i>Cicer arietinum</i>	Cluster fig	757	<i>Ficus racemosa</i>
Chicory	435	<i>Cichorium intybus</i>	Clymenia	469	<i>Clymenia polyandra</i>
Chicory	436	<i>Cichorium intybus</i>	Coast morning glory	903	<i>Ipomoea cairica</i>
Chilli	355	<i>Capsicum frutescens</i>	Coastal jack bean	344	<i>Canavalia rosea</i>
Chilli	356	<i>Capsicum frutescens</i>	Coastal jack bean	345	<i>Canavalia rosea</i>
Chinese chives	78	<i>Allium tuberosum</i>	Coastal jack bean	346	<i>Canavalia rosea</i>
Chinese chives	79	<i>Allium tuberosum</i>	Coastal pandanus	1198	<i>Pandanus tectorius</i>
Chinese chives	80	<i>Allium tuberosum</i>	Coastal pandanus	1199	<i>Pandanus tectorius</i>
Chinese kale	254	<i>Brassica oleracea var. albiflora</i>	Coastal pandanus	1200	<i>Pandanus tectorius</i>
Chinese laurel	134	<i>Antidesma bunius</i>	Coastal pandanus	1201	<i>Pandanus tectorius</i>
Chinese laurel	135	<i>Antidesma bunius</i>	Cobbler's pegs	222	<i>Bidens pilosa</i>
Chinese taro	1684	<i>Xanthosoma sagittifolium</i>	Cockspur thorn	990	<i>Maclura cochinchinensis</i>
Chinese taro	1685	<i>Xanthosoma sagittifolium</i>	Cockspur thorn	991	<i>Maclura cochinchinensis</i>
Chinese taro	1686	<i>Xanthosoma sagittifolium</i>	Cocky apple	1293	<i>Planchonia careya</i>
Chives	77	<i>Allium schoenoprasum</i>	Cocky apple	1294	<i>Planchonia careya</i>
Choko	1456	<i>Sechium edule</i>	Coconut	474	<i>Cocos nucifera</i>
Choko	1457	<i>Sechium edule</i>	Coconut	475	<i>Cocos nucifera</i>
Choko	1458	<i>Sechium edule</i>	Coconut	476	<i>Cocos nucifera</i>
Choko	1459	<i>Sechium edule</i>	Coconut	477	<i>Cocos nucifera</i>
Cindrella weed	1548	<i>Synedrella nodiflora</i>	Coconut	478	<i>Cocos nucifera</i>
Citron	456	<i>Citrus medica</i>	Coffee arabica	479	<i>Coffea arabica</i>
Claudie river Lawyer vine	319	<i>Calamus warburgii</i>	Coffee liberian	481	<i>Coffea liberica</i>
Climbing hibiscus	10	<i>Abelmoschus moschatus ssp.</i>	Coffee plum	773	<i>Flacourtia jangomas</i>
<i>tuberosus</i>			Coffee plum	774	<i>Flacourtia jangomas</i>
Climbing hibiscus	11	<i>Abelmoschus moschatus ssp.</i>	Coffee plum	775	<i>Flacourtia jangomas</i>
<i>tuberosus</i>			Coffee robusta	480	<i>Coffea canephora</i>

Coffee senna	386	<i>Cassia occidentalis</i>	Coriander	512	<i>Coriandrum sativum</i>
Coffee senna	387	<i>Cassia occidentalis</i>	Coriander	513	<i>Coriandrum sativum</i>
Coffee senna	388	<i>Cassia occidentalis</i>	Coriander	514	<i>Coriandrum sativum</i>
Coffee senna	389	<i>Cassia occidentalis</i>	Corn	1691	<i>Zea mays</i>
Common bamboo	187	<i>Bambusa vulgaris</i>	Corn salad	1635	<i>Valerianella locusta</i>
Common bean	1243	<i>Phaseolus vulgaris</i>	Corypha palm	522	<i>Corypha utan</i>
Common bean	1244	<i>Phaseolus vulgaris</i>	Corypha palm	523	<i>Corypha utan</i>
Common bean	1245	<i>Phaseolus vulgaris</i>	Corypha palm	524	<i>Corypha utan</i>
Common bean	1246	<i>Phaseolus vulgaris</i>	Corypha palm	525	<i>Corypha utan</i>
Common bean	1247	<i>Phaseolus vulgaris</i>	Couch	590	<i>Cynodon dactylon</i>
Common bean	1248	<i>Phaseolus vulgaris</i>	Cowpea	1664	<i>Vigna unguiculata subsp.</i>
Common comfrey	1547	<i>Symphytum officinale</i>	<i>unguiculata</i>		
Common reed	1251	<i>Phragmites australis</i>	Cowpea	1665	<i>Vigna unguiculata subsp.</i>
Common reed	1252	<i>Phragmites australis</i>	<i>unguiculata</i>		
Common reed	1253	<i>Phragmites australis</i>	Cowpea	1666	<i>Vigna unguiculata subsp.</i>
Common sida	1490	<i>Sida rhombifolia</i>	<i>unguiculata</i>		
Common sowthistle	1517	<i>Sonchus oleraceus</i>	Cowpea	1667	<i>Vigna unguiculata subsp.</i>
Common sowthistle	1518	<i>Sonchus oleraceus</i>	<i>unguiculata</i>		
Common sowthistle	1519	<i>Sonchus oleraceus</i>	Cowpea	1668	<i>Vigna unguiculata subsp.</i>
Common spurge	714	<i>Euphorbia geniculata</i>	<i>unguiculata</i>		
Common vetch	1638	<i>Vicia sativa</i>	Creek Premna	1340	<i>Premna serratifolia</i>
Common vetch	1639	<i>Vicia sativa</i>	Creek Premna	1341	<i>Premna serratifolia</i>
Common vetch	1640	<i>Vicia sativa</i>	Crepe ginger	527	<i>Costus speciosus</i>
Common Zinnia	1698	<i>Zinnia elegans</i>	Crimson berry	842	<i>Guettardella tenuiflora</i>
Congo jute	1631	<i>Urena lobata</i>	Cuban Royal palm	1406	<i>Roystonea regia</i>
Congo jute	1632	<i>Urena lobata</i>	Cuban Royal palm	1407	<i>Roystonea regia</i>
Congo jute	1633	<i>Urena lobata</i>	Cucumber	545	<i>Cucumis sativus</i>
Congo jute	1634	<i>Urena lobata</i>	Cucumber	546	<i>Cucumis sativus</i>
Coral creeper	139	<i>Antigonon leptopus</i>	Cucumber	547	<i>Cucumis sativus</i>
Coral creeper	140	<i>Antigonon leptopus</i>	Curled dock	1416	<i>Rumex crispus</i>
Coral creeper	141	<i>Antigonon leptopus</i>	Curled dock	1417	<i>Rumex crispus</i>
Coral pea	46	<i>Adenanthera pavonina</i>	Curled dock	1418	<i>Rumex crispus</i>
Coral pea	47	<i>Adenanthera pavonina</i>	Curled dock	1419	<i>Rumex crispus</i>
Coral plant	915	<i>Jatropha multifida</i>	D'Albertis creeper	1078	<i>Mucuna albertissi</i>
Coral plant	916	<i>Jatropha multifida</i>	Date palm	1249	<i>Phoenix dactylifera</i>
Coral plant	917	<i>Jatropha multifida</i>	Date palm	1250	<i>Phoenix dactylifera</i>
Coral tree	706	<i>Erythrina fusca</i>	Day flower	1087	<i>Murdannia nudiflora</i>
Coral tree	709	<i>Erythrina variegata var. orientalis</i>	Dayflower	489	<i>Commelina bengalensis</i>
Coriander	511	<i>Coriandrum sativum</i>	Dayflower	490	<i>Commelina bengalensis</i>

Devil's cotton	13	<i>Abroma augusta</i>	Elephant's foot	689	<i>Elephantopus scaber</i>
Devil's figs	1511	<i>Solanum torvum</i>	Endeavour river vine	438	<i>Cissus adnata</i>
Devil's figs	1512	<i>Solanum torvum</i>	Endeavour river vine	439	<i>Cissus adnata</i>
Dill	122	<i>Anethum graveolens</i>	Endeavour river vine	440	<i>Cissus adnata</i>
Dill	123	<i>Anethum graveolens</i>	Endive	433	<i>Cichorium endivia subsp. endivia</i>
Dill	124	<i>Anethum graveolens</i>	European chestnut	401	<i>Castanea sativa</i>
Dodder laurel	400	<i>Cassytha filiformis</i>	European elderberry	1438	<i>Sambucus nigra</i>
Downy cassia	395	<i>Cassia tomentosa</i>	European elderberry	1439	<i>Sambucus nigra</i>
Downy cassia	396	<i>Cassia tomentosa</i>	European grape	1674	<i>Vitis vinifera</i>
Drumstick tree	1066	<i>Moringa oleifera</i>	European grape	1675	<i>Vitis vinifera</i>
Drumstick tree	1067	<i>Moringa oleifera</i>	European grape	1676	<i>Vitis vinifera</i>
Drumstick tree	1068	<i>Moringa oleifera</i>	Fan palm	964	<i>Livistona benthamii</i>
Drumstick tree	1069	<i>Moringa oleifera</i>	Fat hen	420	<i>Chenopodium album</i>
Drumstick tree	1070	<i>Moringa oleifera</i>	Fat hen	421	<i>Chenopodium album</i>
Drumstick tree	1071	<i>Moringa oleifera</i>	Fat hen	422	<i>Chenopodium album</i>
Drumstick tree	1072	<i>Moringa oleifera</i>	Fei banana	1093	<i>Musa maclayi</i>
Dune bean	1641	<i>Vigna marina</i>	Feijoa	28	<i>Acca sellowiana</i>
Dune bean	1642	<i>Vigna marina</i>	Feijoa	29	<i>Acca sellowiana: raw (49Kcal)</i>
Durian	664	<i>Durio zibethinus</i>	Fennel	785	<i>Foeniculum vulgare</i>
Durian	665	<i>Durio zibethinus</i>	Fennel	786	<i>Foeniculum vulgare</i>
Durian	666	<i>Durio zibethinus</i>	Fennel	787	<i>Foeniculum vulgare</i>
Dwarf fan palm	965	<i>Livistona muelleri</i>	fern	541	<i>Ctenitis sp.</i>
Dye fig	758	<i>Ficus tinctoria</i>	Fern palm	577	<i>Cycas media</i>
Dye fig	759	<i>Ficus tinctoria</i>	Fern palm	578	<i>Cycas media</i>
Egg tree	797	<i>Garcinia dulcis</i>	Fibrous satinash	1552	<i>Syzygium fibrosum</i>
Eggplant	1503	<i>Solanum melongena</i>	Fijian fire plant	26	<i>Acalypha wilkesiana</i>
Eggplant	1504	<i>Solanum melongena</i>	Fijian fire plant	27	<i>Acalypha wilkesiana</i>
Eggplant	1505	<i>Solanum melongena</i>	Finger cherry	1397	<i>Rhodomyrtus macrocarpa</i>
Elephant apple	631	<i>Dillenia indica</i>	Finschia nuts	768	<i>Finschia chloroxantha</i>
Elephant apple	632	<i>Dillenia indica</i>	Firefly mangrove	1522	<i>Sonneratia caseolaris</i>
Elephant foot yam	113	<i>Amorphophallus paeonifolius var.</i>	Firefly mangrove	1523	<i>Sonneratia caseolaris</i>
<i>campanulatus</i>			Fish poison tree	189	<i>Barringtonia asiatica</i>
Elephant foot yam	114	<i>Amorphophallus paeonifolius var.</i>	Fish poison tree	190	<i>Barringtonia asiatica</i>
<i>campanulatus</i>			Fish poison tree	195	<i>Barringtonia racemosa</i>
Elephant foot yam	115	<i>Amorphophallus paeonifolius var.</i>	Fish poison tree	196	<i>Barringtonia racemosa</i>
<i>campanulatus</i>			Fish-poison-bean	1574	<i>Tephrosia vogelii</i>
Elephant foot yam	116	<i>Amorphophallus paeonifolius var.</i>	Five corner	176	<i>Averrhoa carambola</i>
<i>campanulatus</i>			Five leaflet yam	639	<i>Dioscorea pentaphylla</i>
Elephant grass	1221	<i>Pennisetum purpureum</i>	Five-leaf native grape	443	<i>Cissus hypoglauca</i>

Flamboyant tree	607	<i>Delonix regia</i>	Goatweed	54	<i>Ageratum conyzoides</i>
Flamboyant tree	608	<i>Delonix regia</i>	Golden apple	1531	<i>Spondias cytherea</i>
Flame of the forest	311	<i>Butea monosperma</i>	Golden apple	1532	<i>Spondias cytherea</i>
Flax-leaved indigo	887	<i>Indigofera linifolia</i>	Golden mangrove fern	39	<i>Acrostichum aureum</i>
Flax-leaved indigo	888	<i>Indigofera linifolia</i>	Golden mangrove fern	40	<i>Acrostichum aureum</i>
Fleshy spurge	717	<i>Euphorbia neriifolia</i>	Golden shower	376	<i>Cassia fistula</i>
Floating heart	1143	<i>Nymphoides parvifolium</i>	Golden shower	377	<i>Cassia fistula</i>
Flowering fern	859	<i>Helminthostachys zeylanica</i>	Golden shower	378	<i>Cassia fistula</i>
Forest Rambutan	951	<i>Lepisanthes rubiginosa</i>	Golden timothy	1487	<i>Setaria sphacelata</i>
Forest Rambutan	952	<i>Lepisanthes rubiginosa</i>	Golgol	876	<i>Hornstedtia scottiana</i>
Four O'Clock Plant	1045	<i>Mirabilis jalapa</i>	Governor's plum	771	<i>Flacourtia indica</i>
Foxtail millet	1485	<i>Setaria italica</i>	Grain amaranth	94	<i>Amaranthus caudatus</i>
Frog bit	881	<i>Hydrocharis dubia</i>	Grain amaranth	95	<i>Amaranthus caudatus</i>
Garden strawberry	790	<i>Fragaria x ananassa</i>	Grain amaranth	96	<i>Amaranthus caudatus</i>
Garlic	75	<i>Allium sativum</i>	Granadilla	1216	<i>Passiflora quadrangularis</i>
Garlic	76	<i>Allium sativum</i>	Granadilla	1217	<i>Passiflora quadrangularis</i>
Garraway lime	1035	<i>Microcitrus garrawayae</i>	Grapefruit	457	<i>Citrus paradisi</i>
Garuga	803	<i>Garuga floribunda</i>	Grass leaved convolvulus	907	<i>Ipomoea graminea</i>
Giant bamboo	610	<i>Dendrocalamus asper</i>	Greater yam	634	<i>Dioscorea alata</i>
Giant bamboo	611	<i>Dendrocalamus giganteus</i>	Green amaranth	109	<i>Amaranthus viridus</i>
Giant creek fern	583	<i>Cyclosorus truncatus</i>	Green amaranth	110	<i>Amaranthus viridus</i>
Giant Creek fern	1302	<i>Pneumatopteris sogerensis</i>	Green gram bean	1648	<i>Vigna radiata</i>
Giant taro	84	<i>Alocasia macrorrhiza</i>	Green gram bean	1649	<i>Vigna radiata</i>
Giant taro	85	<i>Alocasia macrorrhiza</i>	Green gram bean	1650	<i>Vigna radiata</i>
Giant taro	86	<i>Alocasia macrorrhiza</i>	Green gram bean	1651	<i>Vigna radiata</i>
Giant waterlily	1127	<i>Nymphaea gigantea</i>	Grey mangrove	178	<i>Avicennia marina</i>
Giant waterlily	1128	<i>Nymphaea gigantea</i>	Grey mangrove	179	<i>Avicennia marina subsp.</i>
Giant waterlily	1129	<i>Nymphaea gigantea</i>	<i>australasica</i>		
Giant waterlily	1130	<i>Nymphaea gigantea</i>	Guar bean	564	<i>Cyamopsis tetragonolobus</i>
Ginger	1694	<i>Zingiber officinale</i>	Guar bean	565	<i>Cyamopsis tetragonolobus</i>
Globe amaranth	834	<i>Gomphrena globosa</i>	Guar bean	566	<i>Cyamopsis tetragonolobus</i>
Globe artichoke	587	<i>Cynara scolymus</i>	Guava	1353	<i>Psidium guajava</i>
Globe artichoke	588	<i>Cynara scolymus</i>	Guava	1354	<i>Psidium guajava</i>
Globe artichoke	589	<i>Cynara scolymus</i>	Guest tree	923	<i>Kleinhovia hospita</i>
Goat's foot convolvulus	910	<i>Ipomoea pes-caprae subsp.</i>	Guest tree	924	<i>Kleinhovia hospita</i>
<i>brasiliensis</i>			Gurumu	1304	<i>Polyaulax cylindrocarpa</i>
Goat's foot convolvulus	911	<i>Ipomoea pes-caprae subsp.</i>	Hairy bittercress	361	<i>Cardamine hirsuta</i>
<i>brasiliensis</i>			Hairy bittercress	362	<i>Cardamine hirsuta</i>
Goat's horn	1489	<i>Sida cordifolia</i>	Hairy Kangkong	912	<i>Ipomoea triloba</i>

Hairy sword fern	1122	<i>Nephrolepis hirsutula</i>	Indian mulberry	1065	<i>Morinda citrifolia</i>
Hazel nuts	516	<i>Corylus avellana</i>	Indian mustard	250	<i>Brassica juncea</i>
Heart leaf	987	<i>Macaranga tanarius</i>	Indian mustard	251	<i>Brassica juncea</i>
Heart leaf	988	<i>Macaranga tanarius</i>	Indian rubber fig	742	<i>Ficus elastica</i>
Heart leaf	989	<i>Macaranga tanarius</i>	Indian spinach	197	<i>Basella alba</i>
Heart pea	363	<i>Cardiospermum halicacabum</i>	Indian weed	1491	<i>Siegesbeckia orientalis</i>
Heart pea	364	<i>Cardiospermum halicacabum</i>	Iron malletwood	1394	<i>Rhodamnia sessiflora</i>
Heart pea	365	<i>Cardiospermum halicacabum</i>	Ivy gourd	470	<i>Coccinia grandis</i>
Hen's nettle	938	<i>Laportea interrupta</i>	Ivy gourd	471	<i>Coccinia grandis</i>
Hen-in-the-woods	840	<i>Grifola frondosa</i>	Ivy gourd	472	<i>Coccinia grandis</i>
Hibiscus	865	<i>Hibiscus rosa-sinensis</i>	Jack bean	337	<i>Canavalia ensiformis</i>
Hibiscus	866	<i>Hibiscus rosa-sinensis</i>	Jack bean	338	<i>Canavalia ensiformis</i>
Hickory wattle	15	<i>Acacia aulacocarpa</i> var.	Jack bean	339	<i>Canavalia ensiformis</i>
<i>macrocarpa</i>			Jackfruit	161	<i>Artocarpus heterophyllus</i>
Hickory wattle	23	<i>Acacia mangium</i>	Jackfruit	162	<i>Artocarpus heterophyllus</i>
Highlands Kapiak	739	<i>Ficus dammaropsis</i>	Jackfruit	163	<i>Artocarpus heterophyllus</i>
Highlands Kapiak	740	<i>Ficus dammaropsis</i>	Jackfruit	164	<i>Artocarpus heterophyllus</i>
Holy basil	1151	<i>Ocimum tenuiflorum</i>	Jackfruit	165	<i>Artocarpus heterophyllus</i>
Holy basil	1152	<i>Ocimum tenuiflorum</i>	Jade vine	1544	<i>Strongylodon macrobotrys</i>
Honey locust	805	<i>Gleditsia triacanthos</i>	Japanese radish	1383	<i>Raphanus sativus</i> var. <i>longipinnatus</i>
Honey locust	806	<i>Gleditsia triacanthos</i>	Japanese radish	1384	<i>Raphanus sativus</i> var. <i>longipinnatus</i>
Hongohongo	24	<i>Acalypha boehmeroides</i>	Java apple	1557	<i>Syzygium samarangensis</i>
Hongohongo	25	<i>Acalypha boehmeroides</i>	Java bean	384	<i>Cassia obtusifolia</i>
Honstoria	853	<i>Hedyotis auricularia</i>	Java bean	385	<i>Cassia obtusifolia</i>
Hop bush	651	<i>Dodonaea viscosa</i>	Java cedar	223	<i>Bischofia javanica</i>
Horned mangrove	50	<i>Aegiceras corniculatum</i>	Java cedar	224	<i>Bischofia javanica</i>
Horned mangrove	51	<i>Aegiceras corniculatum</i>	Java olive	1540	<i>Sterculia foetida</i>
Horse mango	996	<i>Mangifera foetida</i>	Jerusalem artichoke	857	<i>Helianthus tuberosus</i>
Horse purslane	1603	<i>Trianthema portulacastrum</i>	Job's tears	483	<i>Coix lachryma-jobi</i>
Horse purslane	1604	<i>Trianthema portulacastrum</i>	Joyweed	89	<i>Alternanthera sessilis</i>
Indian borage	1297	<i>Plectranthus amboinicus</i>	Joyweed	90	<i>Alternanthera sessilis</i>
Indian coral tree	707	<i>Erythrina variegata</i>	Joyweed	91	<i>Alternanthera sessilis</i>
Indian coral tree	708	<i>Erythrina variegata</i>	Jungle rice	668	<i>Echinochloa colona</i>
Indian lotus	1113	<i>Nelumbo nucifera</i>	Jungle rice	669	<i>Echinochloa colona</i>
Indian lotus	1114	<i>Nelumbo nucifera</i>	Kalava	1162	<i>Ormocarpum orientale</i>
Indian lotus	1115	<i>Nelumbo nucifera</i>	Kambibi	152	<i>Areca macrocalyx</i>
Indian lotus	1116	<i>Nelumbo nucifera</i>	Kambibi	153	<i>Areca macrocalyx</i>
Indian lotus	1117	<i>Nelumbo nucifera</i>	Kangaroo apple	1499	<i>Solanum aviculare</i>
Indian mulberry	1064	<i>Morinda citrifolia</i>	Kangkong	897	<i>Ipomoea aquatica</i>

Kangkong	898	<i>Ipomoea aquatica</i>	Lantana	936	<i>Lantana camara</i>
Kapok	409	<i>Ceiba pentandra</i>	Lantana	937	<i>Lantana camara</i>
Kapok	410	<i>Ceiba pentandra</i>	Large marshwort	1142	<i>Nymphoides geminata</i>
Kapok	411	<i>Ceiba pentandra</i>	Large-fruited orange mangrove	305	<i>Bruguiera gymnorrhiza</i>
Kapok tree	238	<i>Bombax ceiba</i>	Large-fruited orange mangrove	306	<i>Bruguiera gymnorrhiza</i>
Kapok tree	239	<i>Bombax ceiba</i>	Large-leaf weeping fig	764	<i>Ficus virgata</i>
Kapok tree	240	<i>Bombax ceiba</i>	Large-leaf weeping fig	765	<i>Ficus virgata</i>
Kapok tree	241	<i>Bombax ceiba</i>	Lasia	939	<i>Lasia spinosa</i>
Karuka	1189	<i>Pandanus julianettii</i>	Lasia	940	<i>Lasia spinosa</i>
Kava	1269	<i>Piper methysticum</i>	Lasia	941	<i>Lasia spinosa</i>
King fern	125	<i>Angiopteris evecta</i>	Leaf-blossum	1257	<i>Phyllanthus urinaria</i>
King fern	126	<i>Angiopteris evecta</i>	Leek	65	<i>Allium ampeloprasum</i> var. <i>porrum</i>
Kiwifruit	43	<i>Actinidia chinensis</i>	Leek	66	<i>Allium ampeloprasum</i> var. <i>porrum</i>
Kiwifruit	44	<i>Actinidia chinensis</i>	Leek	67	<i>Allium ampeloprasum</i> var. <i>porrum</i>
Kodo millet	1209	<i>Paspalum scrobiculatum</i>	Leek	68	<i>Allium ampeloprasum</i> var.
Kohl rabi	264	<i>Brassica oleracea</i> var. <i>gongylodes</i>	<i>po99rrum</i>		
Kohl rabi	265	<i>Brassica oleracea</i> var. <i>gongylodes</i>	Leichhardt tree	1110	<i>Nauclea orientalis</i>
Kongakonga	649	<i>Diplocyclos palmatus</i>	Leichhardt tree	1111	<i>Nauclea orientalis</i>
Kongakonga	650	<i>Diplocyclos palmatus</i>	Lemon	454	<i>Citrus limon</i>
Kudzu	1370	<i>Pueraria lobata</i> var. <i>lobata</i>	Lemon	455	<i>Citrus limon</i>
Kudzu	1371	<i>Pueraria lobata</i> var. <i>lobata</i>	Lemon balm	1024	<i>Melissa officinalis</i>
Kudzu	1372	<i>Pueraria lobata</i> var. <i>lobata</i>	Lemon grass	584	<i>Cymbopogon citratus</i>
Kumquat	788	<i>Fortunella margarita</i>	Lesser yam	636	<i>Dioscorea esculenta</i>
Kumugas	320	<i>Callipteris proliferata</i>	Lettuce	929	<i>Lactuca sativa</i>
Kwila	891	<i>Intsia bijuga</i>	Lettuce	930	<i>Lactuca sativa</i>
Kwila	892	<i>Intsia bijuga</i>	Leucaena	953	<i>Leucaena leucocephala</i>
Lablab bean	925	<i>Lablab purpureus</i>	Leucaena	954	<i>Leucaena leucocephala</i>
Lablab bean	926	<i>Lablab purpureus</i>	Leucaena	955	<i>Leucaena leucocephala</i>
Lablab bean	927	<i>Lablab purpureus</i>	Lewer	1468	<i>Semecarpus cassuvium</i>
Lablab bean	928	<i>Lablab purpureus</i>	Lewer	1469	<i>Semecarpus cassuvium</i>
Lacewing vine	48	<i>Adenia heterophylla</i>	Lewer	1470	<i>Semecarpus cassuvium</i>
Lacewing vine	49	<i>Adenia heterophylla</i>	Lima bean	1240	<i>Phaseolus lunatus</i>
Lactar mushroom	948	<i>Lentinus tuber-regium</i>	Lima bean	1241	<i>Phaseolus lunatus</i>
Ladder fern	1120	<i>Nephrolepis biserrata</i>	Lima bean	1242	<i>Phaseolus lunatus</i>
Ladder fern	1121	<i>Nephrolepis biserrata</i>	Lime berry	1613	<i>Triphasia trifolia</i>
Lady's thumb	1309	<i>Polygonum minus</i>	Litchi	962	<i>Litchi chinensis</i>
Lady's thumb	1310	<i>Polygonum minus</i>	Little gooseberry tree	309	<i>Buchanania arborescens</i>
Lancewood	19	<i>Acacia crassicarpa</i>			
Lansat	935	<i>Lansium domesticum</i>			

Lockerbie Satinash	1551	<i>Syzygium branderhorstii</i>	Maroon-stemmed banana	1091	<i>Musa banksii</i>
Lolly berry	1430	<i>Salacia chinensis</i>	Marrow	555	<i>Cucurbita pepo</i>
Long fruited jute	498	<i>Corchorus olitorius</i>	Marrow	556	<i>Cucurbita pepo</i>
Long fruited jute	499	<i>Corchorus olitorius</i>	Marrow	557	<i>Cucurbita pepo</i>
Long fruited jute	500	<i>Corchorus olitorius</i>	Marrow	558	<i>Cucurbita pepo</i>
Longan	633	<i>Dimocarpus longan</i>	Marrow	559	<i>Cucurbita pepo</i>
Long-fruited bloodwood	519	<i>Corymbia polycarpa</i>	Marsh yam	1494	<i>Smilax leucophylla</i>
Long-fruited bloodwood	520	<i>Corymbia polycarpa</i>	Match box bean	699	<i>Entada phaseoloides</i>
Longleaf Wurrus	782	<i>Flemingia macrophylla</i>	Match box bean	700	<i>Entada phaseoloides</i>
Longleaf Wurrus	783	<i>Flemingia macrophylla</i>	Melon	542	<i>Cucumis melo</i>
Long-leaved grape	446	<i>Cissus sterculiifolia</i>	Melon	543	<i>Cucumis melo</i>
Looking glass mangrove	860	<i>Heritiera littoralis</i>	Melon	544	<i>Cucumis melo</i>
Loquat	704	<i>Eriobotrya japonica</i>	Merauke Hibiscus	861	<i>Hibiscus meraukensis</i>
Lovi-lovi	772	<i>Flacourtia inermis</i>	Merauke Hibiscus	862	<i>Hibiscus meraukensis</i>
Lovo	755	<i>Ficus pungens</i>	Mesquite	1343	<i>Prosopis juliflora</i>
Mabolo	641	<i>Diospyros blancoi</i>	Mesquite	1344	<i>Prosopis juliflora</i>
Macadamia	985	<i>Macadamia ternifolia</i>	Mesquite	1345	<i>Prosopis juliflora</i>
Macadamia	986	<i>Macadamia tetraphylla</i>	Mexican fire plant	715	<i>Euphorbia heterophylla</i>
Madras thorn	1289	<i>Pithecellobium dulce</i>	Mexican tea	423	<i>Chenopodium ambrosioides</i>
Malay apple	1556	<i>Syzygium malaccense</i>	Mexican tea	424	<i>Chenopodium ambrosioides</i>
Manalu	1472	<i>Semecarpus gigantifolia</i>	Minor walking stick palm	961	<i>Linospadix minor</i>
Mandarin	458	<i>Citrus reticulata</i>	Mint bush	884	<i>Hyptis suaveolens</i>
Mango	997	<i>Mangifera indica</i>	Mint bush	885	<i>Hyptis suaveolens</i>
Mango	998	<i>Mangifera indica</i>	Mistletoe	1673	<i>Viscum articulatum</i>
Mango	999	<i>Mangifera indica</i>	Molucca bramble	1412	<i>Rubus moluccanus</i>
Mango	1000	<i>Mangifera indica</i>	Mon	655	<i>Dracontomelon dao</i>
Mangosteen	799	<i>Garcinia mangostana</i>	Mon	656	<i>Dracontomelon dao</i>
Mangosteen	800	<i>Garcinia mangostana</i>	Mon	657	<i>Dracontomelon dao</i>
Mangrove cedar	360	<i>Carapa granatum</i>	Moolinyj	818	<i>Glycosmis trifoliata</i>
Mangrove fern	41	<i>Acrostichum speciosum</i>	Moonflower	893	<i>Ipomoea alba</i>
Mangrove fern	42	<i>Acrostichum speciosum</i>	Moonflower	894	<i>Ipomoea alba</i>
Mangrove nutmeg	1101	<i>Myristica hollrungii</i>	Moonflower	895	<i>Ipomoea alba</i>
Mangrove trumpet tree	652	<i>Dolichandrone spathacea</i>	Moonflower	896	<i>Ipomoea alba</i>
Mangrove trumpet tree	653	<i>Dolichandrone spathacea</i>	Moreton Bay chestnut	403	<i>Castanospermum australe</i>
Marita	1184	<i>Pandanus conoideus</i>	Mossman mahogany	67	<i>Dysoxylum arborescens</i>
Marjoram	1160	<i>Origanum marjorana</i>	Mother-of-cacao	808	<i>Gliricidia sepium</i>
Marking nut	1463	<i>Semecarpus anacardium</i>	Mother-of-cacao	809	<i>Gliricidia sepium</i>
Marking nut	1464	<i>Semecarpus anacardium</i>	Mountain pawpaw	369	<i>Carica pubescens</i>
Marking nut	1465	<i>Semecarpus anacardium</i>	Mountain violet	1672	<i>Viola betoniciifolia</i>

Mulberry	1073	<i>Morus alba</i>	Nut grass	592	<i>Cyperus rotundus</i>
Mulberry	1074	<i>Morus alba</i>	Nut grass	593	<i>Cyperus rotundus</i>
Mulberry	1075	<i>Morus alba</i>	Nutmeg & Mace	1099	<i>Myristica fragrans</i>
Mulberry	1076	<i>Morus alba</i>	Nutmeg & Mace	1100	<i>Myristica fragrans</i>
Mung bean	1644	<i>Vigna mungo</i>	Nypa palm	1144	<i>Nypa fruticans</i>
Mung bean	1645	<i>Vigna mungo</i>	Nypa palm	1145	<i>Nypa fruticans</i>
Mung bean	1646	<i>Vigna mungo</i>	Oak leaf fern	658	<i>Drynaria quercifolia</i>
Mung bean	1647	<i>Vigna mungo</i>	Oca	1173	<i>Oxalis tuberosa</i>
mushrooms	237	<i>Boletus spp.</i>	Oca	1174	<i>Oxalis tuberosa</i>
Mushrooms	515	<i>Cortinarius spp</i>	Oca	1175	<i>Oxalis tuberosa</i>
Myrtle mangrove	1166	<i>Osbornia octodonta</i>	October glory	726	<i>Faradaya splendida</i>
Naranjilla	1508	<i>Solanum quitoense</i>	October glory	727	<i>Faradaya splendida</i>
Nasturtium	1616	<i>Tropaeolum majus</i>	Octopus bush	155	<i>Argusia argentea</i>
Nasturtium	1617	<i>Tropaeolum majus</i>	Oil palm	674	<i>Elaeis guineensis</i>
Nasturtium	1618	<i>Tropaeolum majus</i>	Oil palm	675	<i>Elaeis guineensis</i>
Native bamboo	186	<i>Bambusa forbesii</i>	Oil palm	676	<i>Elaeis guineensis</i>
Native Dracaena	1300	<i>Pleomele angustifolia</i>	Okari	1580	<i>Terminalia kaernbachii</i>
Native gooseberry	1260	<i>Physalis minima</i>	Okra	1	<i>Abelmoschus esculentus</i>
Native gooseberry	1261	<i>Physalis minima</i>	Okra	2	<i>Abelmoschus esculentus</i>
Native lasiandra	1021	<i>Melastoma affine</i>	Okra	3	<i>Abelmoschus esculentus</i>
Native lasiandra	1022	<i>Melastoma affine</i>	Okra	4	<i>Abelmoschus esculentus</i>
Native lasiandra	1023	<i>Melastoma affine</i>	Olive	1154	<i>Olea europaea</i>
Native rosella	5	<i>Abelmoschus ficulneus</i>	Onion-leaf orchid	1041	<i>Microtis unifolia</i>
Native rosella	6	<i>Abelmoschus ficulneus</i>	Orange	459	<i>Citrus sinensis</i>
Native rosella	7	<i>Abelmoschus ficulneus</i>	Orange Jessamine	1088	<i>Murraya paniculata</i>
Native rosella	8	<i>Abelmoschus ficulneus</i>	Orange Jessamine	1089	<i>Murraya paniculata</i>
Nepalese smartweed	1311	<i>Polygonum nepalense</i>	Oregano	1161	<i>Origanum vulgare</i>
Nepalese smartweed	1312	<i>Polygonum nepalense</i>	Oriental false hawk's beard	1690	<i>Youngia japonica</i>
Nettle-leaf goosefoot	425	<i>Chenopodium murale</i>	Oval-leaf monochoria	1060	<i>Monochoria vaginalis</i>
Nettle-leaf goosefoot	426	<i>Chenopodium murale</i>	Oval-leaf monochoria	1061	<i>Monochoria vaginalis</i>
New Guinea bamboo	1109	<i>Nastus elatus</i>	Oval-leaf monochoria	1062	<i>Monochoria vaginalis</i>
Niniu	843	<i>Gulubia cylindrocarpa</i>	Pacific lychee, Ton	1323	<i>Pometia pinnata</i>
Niniu	844	<i>Gulubia cylindrocarpa</i>	Pacific lychee, Ton	1324	<i>Pometia pinnata</i>
Nonda plum	1206	<i>Parinari nonda</i>	Pacific rosewood	1591	<i>Thespesia populnea</i>
North Coast wattle	22	<i>Acacia leptocarpa</i>	Pacific rosewood	1592	<i>Thespesia populnea</i>
Northern malletwood	1395	<i>Rhodammia spongiosa</i>	Painted nettle	1516	<i>Solenostemon scutellarioides</i>
Northern yellow boxwood	1292	<i>Planchonella obovoidea</i>	Pale smartweed	1307	<i>Polygonum lapathifolium</i>
Notched nardoo	1011	<i>Marsilea crenata</i>	Pale smartweed	1308	<i>Polygonum lapathifolium</i>
Nummularia yam	637	<i>Dioscorea nummularia</i>	Palm cabbage	841	<i>Gronophyllum chaunostachys</i>

Palmyra palm	242	<i>Borassus flabellifer</i>	Peanut	147	<i>Arachis hypogea</i>
Palmyra palm	243	<i>Borassus flabellifer</i>	Pecan	373	<i>Carya illinoensis</i>
Palmyra palm	244	<i>Borassus flabellifer</i>	Pencil yam	1669	<i>Vigna vexillata</i>
Palmyra palm	245	<i>Borassus flabellifer</i>	Pencil yam	1670	<i>Vigna vexillata</i>
Palmyra palm	246	<i>Borassus flabellifer</i>	Pepper	1270	<i>Piper nigrum</i>
Panama berry	1085	<i>Muntingia calabura</i>	Pepper	1271	<i>Piper nigrum</i>
Panama berry	1086	<i>Muntingia calabura</i>	Perennial soybean	816	<i>Glycine wightii</i>
Pao nuts	192	<i>Barringtonia niedenzuana</i>	Perennial soybean	817	<i>Glycine wightii</i>
Pao nuts	193	<i>Barringtonia novae-hibernae</i>	Perilla	1225	<i>Perilla frutescens</i>
Pao nuts	194	<i>Barringtonia procera</i>	Persimmon	643	<i>Diospyros kaki</i>
Paper mulberry	279	<i>Broussonetia papyrifera</i>	Persimmon	644	<i>Diospyros kaki</i>
Paper mulberry	300	<i>Broussonetia papyrifera</i>	Petsai	274	<i>Brassica rapa var. glabra</i>
Paper mulberry	301	<i>Broussonetia papyrifera</i>	Philippine tea	371	<i>Carmona microphylla</i>
Paperbark	1015	<i>Melaleuca cajuputi</i>	Philippine tea	372	<i>Carmona microphylla</i>
Papua Nutmeg	1097	<i>Myristica argentea</i>	Physic nut	914	<i>Jatropha curcas</i>
Papuan white rattan	317	<i>Calamus holhrungii</i>	Pigeon pea	312	<i>Cajanus cajan</i>
Papus	754	<i>Ficus papus</i>	Pigeon pea	313	<i>Cajanus cajan</i>
Parsley	1229	<i>Petroselinum crispum</i>	Pigeon pea	314	<i>Cajanus cajan</i>
Parsley	1230	<i>Petroselinum crispum</i>	Pigeon pea	315	<i>Cajanus cajan</i>
Parsley	1231	<i>Petroselinum crispum</i>	Pikaw	1447	<i>Schismatoglottis calyprata</i>
Parsley fern	248	<i>Botrychium australe</i>	Pikaw	1448	<i>Schismatoglottis calyprata</i>
Parsnip	1219	<i>Pastinaca sativa</i>	Pineapple	120	<i>Ananas comosus</i>
Parsnip	1220	<i>Pastinaca sativa</i>	Pineapple	121	<i>Ananas comosus</i>
Passionflower	1212	<i>Passiflora foetida</i>	Pink flowered raspberry	1413	<i>Rubus parvifolius</i>
Passionflower	1213	<i>Passiflora foetida</i>	Pink Orchid tree	205	<i>Bauhinia variegata</i>
Pawpaw	366	<i>Carica papaya</i>	Pink Orchid tree	206	<i>Bauhinia variegata</i>
Pawpaw	367	<i>Carica papaya</i>	Pink Orchid tree	207	<i>Bauhinia variegata</i>
Pawpaw	368	<i>Carica papaya</i>	Pink periwinkle	404	<i>Catharanthus roseus</i>
Pea	1285	<i>Pisum sativum</i>	Pink periwinkle	405	<i>Catharanthus roseus</i>
Pea	1286	<i>Pisum sativum</i>	Pink Satinash	1558	<i>Syzygium sayeri</i>
Pea	1287	<i>Pisum sativum</i>	Pistachio nut	1283	<i>Pistacia vera</i>
Pea	1288	<i>Pisum sativum</i>	Pitpit - coastal	1421	<i>Saccharum edule</i>
Peach	1348	<i>Prunus persica</i>	Pitpit Highlands	1486	<i>Setaria palmifolia</i>
Peach	1349	<i>Prunus persica</i>	Plantain	1295	<i>Plantago major</i>
Peach palm	183	<i>Bactris gasipaes</i>	Plantain	1296	<i>Plantago major</i>
Peach palm	184	<i>Bactris gasipaes</i>	Plentiful fig	736	<i>Ficus copiosa</i>
Peach palm	185	<i>Bactris gasipaes</i>	Plentiful fig	737	<i>Ficus copiosa</i>
Peanut	145	<i>Arachis hypogea</i>	Plum	1350	<i>Prunus sp.</i>
Peanut	146	<i>Arachis hypogea</i>	Polynesian arrowroot	1562	<i>Tacca leontopetaloides</i>

Polynesian arrowroot	1563	<i>Tacca leontopetaloides</i>	Quandong	680	<i>Elaeocarpus culminicola</i>
Polynesian arrowroot	1564	<i>Tacca leontopetaloides</i>	Queen sago	574	<i>Cycas circinalis</i>
Pomegranate	1374	<i>Punica granatum</i>	Queen sago	575	<i>Cycas circinalis</i>
Pomegranate	1375	<i>Punica granatum</i>	Queen sago	576	<i>Cycas circinalis</i>
Pomelo	452	<i>Citrus grandis</i>	Queensland almond	679	<i>Elaeocarpus bancroftii</i>
Pond lettuce	1168	<i>Ottelia alismoides</i>	Queensland arrowroot	347	<i>Canna edulis</i>
Pond lettuce	1169	<i>Ottelia alismoides</i>	Queensland nutmeg	1102	<i>Myristica insipida</i>
Poona oil tree	1043	<i>Millettia pinnata</i>	Queensland nutmeg	1103	<i>Myristica insipida</i>
Potato	1513	<i>Solanum tuberosum</i>	Radish	1380	<i>Raphanus sativus</i>
Potato	1514	<i>Solanum tuberosum</i>	Radish	1381	<i>Raphanus sativus</i>
Potato bean	1235	<i>Phaseolus adenanthus</i>	Radish	1382	<i>Raphanus sativus</i>
Potato creeper	1509	<i>Solanum seaforthianum</i>	Raintree	1434	<i>Samanea saman</i>
Potato weed	795	<i>Galinsoga parviflora</i>	Raintree	1435	<i>Samanea saman</i>
Potato yam	635	<i>Dioscorea bulbifera</i>	Rambling cassia	375	<i>Cassia bicapsularis</i>
Prickly Moses	20	<i>Acacia farnesiana</i>	Rambutan	1118	<i>Nephelium lappaceum</i>
Princess feather	1313	<i>Polygonum orientale</i>	Rambutan	1119	<i>Nephelium lappaceum</i>
Princess feather	1314	<i>Polygonum orientale</i>	Rangoon creeper	1376	<i>Quisqualis indica</i>
Pumpkin	548	<i>Cucurbita maxima</i>	Rangoon creeper	1377	<i>Quisqualis indica</i>
Pumpkin	549	<i>Cucurbita maxima</i>	Rangoon creeper	1378	<i>Quisqualis indica</i>
Pumpkin	550	<i>Cucurbita maxima</i>	Rattlepod	535	<i>Crotalaria linifolia</i>
Pumpkin	551	<i>Cucurbita maxima</i>	Red amaranth	106	<i>Amaranthus tricolor</i>
Pumpkin	552	<i>Cucurbita moschata</i>	Red amaranth	107	<i>Amaranthus tricolor</i>
Pumpkin	553	<i>Cucurbita moschata</i>	Red amaranth	108	<i>Amaranthus tricolor</i>
Pumpkin	554	<i>Cucurbita moschata</i>	Red ash	87	<i>Alphitonia excelsa</i>
Purple amaranth	97	<i>Amaranthus cruentus</i>	Red beach	629	<i>Dillenia alata</i>
Purple amaranth	98	<i>Amaranthus cruentus</i>	Red beach	630	<i>Dillenia alata</i>
Purple beach convolvulus	905	<i>Ipomoea gracilis</i>	Red bush apple	1560	<i>Syzygium suborbiculare</i>
Purple beach convolvulus	906	<i>Ipomoea gracilis</i>	Red caustic creeper	719	<i>Euphorbia thymifolia</i>
Purple Emily	695	<i>Emilia sonchifolia</i>	Red coondoo	1044	<i>Mimusops elengi</i>
Purple Emily	696	<i>Emilia sonchifolia</i>	Red flowered black mangrove	976	
Purple passionfruit	1211	<i>Passiflora edulis</i>			<i>Lumnitzera littorea</i>
Purple Tephrosia	1572	<i>Tephrosia purpurea</i>	Red passionflower	1210	<i>Passiflora aurantia</i>
Purple Tephrosia	1573	<i>Tephrosia purpurea</i>	Red raspberry	1409	<i>Rubus fraxinifolius</i>
Purslane	1325	<i>Portulaca oleracea</i>	Red-fruit saw-sedge	793	<i>Gahnia sieberiana</i>
Purslane	1326	<i>Portulaca oleracea</i>	Red-fruit saw-sedge	794	<i>Gahnia sieberiana</i>
Purslane	1327	<i>Portulaca oleracea</i>	Red-fruited kurrajong	1541	<i>Sterculia quadrifida</i>
Purslane	1328	<i>Portulaca oleracea</i>	Resurrection lily	920	<i>Kaempferia galanga</i>
Purslane	1329	<i>Portulaca oleracea</i>	Resurrection lily	921	<i>Kaempferia galanga</i>
Quail grass	412	<i>Celosia argentea</i>	Rhubarb	1389	<i>Rheum rhaponticum</i>

Rhubarb	1390	<i>Rheum rhaponticum</i>	Sapodilla	1007	<i>Manilkara zapota</i>
Rib-fruited orange mangrove	304	<i>Bruguiera exaristata</i>	Scaly ash	796	<i>Ganophyllum falcatum</i>
Rice	1164	<i>Oryza sativa</i>	Scarlet poinsettia	718	<i>Euphorbia pulcherrima</i>
Rice	1165	<i>Oryza sativa</i>	Scarlet runner bean	1236	<i>Phaseolus coccineus</i> subsp.
Rice bean	1657	<i>Vigna umbellata</i>	<i>coccineus</i>		
Rice bean	1658	<i>Vigna umbellata</i>	Scarlet runner bean	1237	<i>Phaseolus coccineus</i> subsp.
Rice bean	1659	<i>Vigna umbellata</i>	<i>coccineus</i>		
Rice bean	1660	<i>Vigna umbellata</i>	Scarlet runner bean	1238	<i>Phaseolus coccineus</i> subsp.
Ricefield water nymph	1106	<i>Najas graminea</i>	<i>coccineus</i>		
River club-rush	1450	<i>Schoenoplectus litoralis</i>	Scarlet runner bean	1239	<i>Phaseolus coccineus</i> subsp.
River club-rush	1451	<i>Schoenoplectus litoralis</i>	<i>coccineus</i>		
Rocky river fig	749	<i>Ficus nodosa</i>	Scrambling lily	804	<i>Geitonoplesium cymosum</i>
Rocky river fig	750	<i>Ficus nodosa</i>	Scurvy weed	491	<i>Commelina cyanea</i>
Rose apple	1554	<i>Syzygium jambos</i>	Sea fruit	698	<i>Enhalus acoroides</i>
Rose leafed bramble	1414	<i>Rubus rosifolius</i>	Sea grape	473	<i>Coccoloba uvifera</i>
Rose of Sharon	863	<i>Hibiscus mutabilis</i>	Sea Island cotton	836	<i>Gossypium barbadense</i>
Rose of Sharon	864	<i>Hibiscus mutabilis</i>	Sea Island cotton	837	<i>Gossypium barbadense</i>
Rosella	867	<i>Hibiscus sabdariffa</i>	Sea mango	418	<i>Cerbera manghas</i>
Rosella	868	<i>Hibiscus sabdariffa</i>	Sea trumpet	505	<i>Cordia subcordata</i>
Rosella	869	<i>Hibiscus sabdariffa</i>	Sea trumpet	506	<i>Cordia subcordata</i>
Rosella	870	<i>Hibiscus sabdariffa</i>	Seaside purslane	1484	<i>Sesuvium portulacastrum</i>
Rukam	776	<i>Flacourtia rukam</i>	Sensitive senna	381	<i>Cassia mimosoides</i>
Rukam	777	<i>Flacourtia rukam</i>	Sensitive senna	382	<i>Cassia mimosoides</i>
Rungia	1420	<i>Rungia klossii</i>	Sensitive senna	383	<i>Cassia mimosoides</i>
Russian thistle	1431	<i>Salsola kali</i>	Sesbania	1480	<i>Sesbania grandiflora</i>
Rye	1455	<i>Secale cereale</i>	Sesbania	1481	<i>Sesbania grandiflora</i>
Sage	1432	<i>Salvia officinalis</i>	Sesbania	1482	<i>Sesbania grandiflora</i>
Sago	1031	<i>Metroxylon sagu</i>	Sesbania	1483	<i>Sesbania grandiflora</i>
Sago	1032	<i>Metroxylon sagu</i>	Shallots	69	<i>Allium cepa</i> var. <i>aggregatum</i>
Salak	1427	<i>Salacca zalacca</i>	Shallots	70	<i>Allium cepa</i> var. <i>aggregatum</i>
Salak	1428	<i>Salacca zalacca</i>	Shitake mushroom	947	<i>Lentinus edodes</i>
Salak	1429	<i>Salacca zalacca</i>	Shrubby pepper	1274	<i>Piper umbellatum</i>
Salsify	1598	<i>Tragopogon porrifolius</i>	Shrubby pepper	1275	<i>Piper umbellatum</i>
Salsify	1599	<i>Tragopogon porrifolius</i>	Shrubby pepper	1276	<i>Piper umbellatum</i>
Sandpaper fig	751	<i>Ficus opposita</i>	Sicklepod	1479	<i>Senna tora</i>
Sandpaper fig	752	<i>Ficus opposita</i>	Silky ash	671	<i>Ehretia acuminata</i>
Santol	1441	<i>Sandoricum koetjape</i>	Silver beet	220	<i>Beta vulgaris</i> ssp. <i>cicla</i>
Santol	1442	<i>Sandoricum koetjape</i>	Silver beet	221	<i>Beta vulgaris</i> ssp. <i>cicla</i>
Sapodilla	1006	<i>Manilkara zapota</i>	Silver bush	1224	<i>Peperomia pellucida</i>

Silver-leaved paperbark	1014	<i>Melaleuca argentea</i>	Spearmint	1028	<i>Mentha spicata</i>
Singapore shower	394	<i>Cassia surattensis</i>	Spearmint	1029	<i>Mentha spicata</i>
Sis	1202	<i>Pangium edule</i>	Spider flower	461	<i>Cleome gynandra</i>
Sisal	53	<i>Agave sisalana</i>	Spider flower	462	<i>Cleome gynandra</i>
Slender amaranth	102	<i>Amaranthus lividus</i>	Spider flower	463	<i>Cleome gynandra</i>
Slender amaranth	103	<i>Amaranthus lividus</i>	Spinach	1529	<i>Spinacia oleracea</i>
Slender dodder	399	<i>Cassytha capillaris</i>	Spinach	1530	<i>Spinacia oleracea</i>
Slender-fruited orange mangrove	307		Spiny amaranth	104	<i>Amaranthus spinosus</i>
		<i>Bruguiera parviflora</i>	Spiny amaranth	105	<i>Amaranthus spinosus</i>
Small fruited orange mangrove	302		Spiny bitter cucumber	1055	<i>Momordica cochinchinensis</i>
		<i>Bruguiera cylindrica</i>	Spiny bitter cucumber	1056	<i>Momordica cochinchinensis</i>
Small fruited orange mangrove	303		Spinyhead sida	1488	<i>Sida acuta</i>
		<i>Bruguiera cylindrica</i>	Spleen amaranth	99	<i>Amaranthus dubius</i>
Small Tu-lip	828	<i>Gnetum gnemonoides</i>	Spleen amaranth	100	<i>Amaranthus dubius</i>
Small Tu-lip	829	<i>Gnetum gnemonoides</i>	Spleen amaranth	101	<i>Amaranthus dubius</i>
Small Tu-lip	830	<i>Gnetum gnemonoides</i>	St Thomas tree	203	<i>Bauhinia tomentosa</i>
Small-bracted Sanchezia	1440	<i>Sanchezia parvibracteata</i>	St Thomas tree	204	<i>Bauhinia tomentosa</i>
Small-fruited fig	748	<i>Ficus microcarpa</i>	Star apple	429	<i>Chrysophyllum cainito</i>
Smartweed	1228	<i>Persicaria barbata</i>	Star apple	430	<i>Chrysophyllum cainito</i>
Smooth loofah	973	<i>Luffa cylindrica</i>	Star grass	560	<i>Curculigo orchioides</i>
Smooth loofah	974	<i>Luffa cylindrica</i>	Stinking cassia	397	<i>Cassia tora</i>
Smooth loofah	975	<i>Luffa cylindrica</i>	Stinking cassia	398	<i>Cassia tora</i>
Snake gourd	1606	<i>Trichosanthes cucumerina</i>	Strap wattle	21	<i>Acacia holosericea</i>
Snake gourd	1607	<i>Trichosanthes cucumerina 2</i>	Sugarcane	1422	<i>Saccharum officinarum</i>
Snake gourd	1608	<i>Trichosanthes cucumerina</i>	Sugarcane	1423	<i>Saccharum officinarum</i>
Soap-pod	17	<i>Acacia concinna</i>	Sugarcane	1424	<i>Saccharum officinarum</i>
Soap-pod	18	<i>Acacia concinna</i>	Sulphur polypore	931	<i>Laetiporus sulphureus</i>
Solitaire palm	1367	<i>Ptychosperma elegans</i>	Sun hemp	532	<i>Crotalaria juncea</i>
Solitaire palm	1368	<i>Ptychosperma elegans</i>	Sun hemp	533	<i>Crotalaria juncea</i>
Solomon's sago	1033	<i>Metroxylon salomonense</i>	Sun hemp	534	<i>Crotalaria juncea</i>
Solomon's sago	1034	<i>Metroxylon salomonense</i>	Sunflower	855	<i>Helianthus annuus</i>
Sorghum	1525	<i>Sorghum bicolor</i>	Sunflower	856	<i>Helianthus annuus</i>
Sour orange	451	<i>Citrus aurantium</i>	Sunflower daisy	1683	<i>Wedelia biflora</i>
Soursop	130	<i>Annona muricata</i>	Supplejack	779	<i>Flagellaria indica</i>
Soursop	131	<i>Annona muricata</i>	Supplejack	780	<i>Flagellaria indica</i>
Soybean	811	<i>Glycine max</i>	Surinam cherry	713	<i>Eugenia uniflora</i>
Soybean	812	<i>Glycine max</i>	Swamp Banksia	188	<i>Banksia dentata</i>
Soybean	913	<i>Glycine max</i>	Swamp dock	1415	<i>Rumex brownii</i>
Soybean	914	<i>Glycine max</i>	Swamp fern	417	<i>Ceratopteris thalictroides</i>

Swamp rice grass	946	<i>Leersia hexandra</i>	Tar vine	234	<i>Boerhavia diffusa</i>
Swamp taro	598	<i>Cyrtosperma merkusii</i>	Tar vine	235	<i>Boerhavia diffusa</i>
Swamp taro	599	<i>Cyrtosperma merkusii</i>	Taro	484	<i>Colocasia esculenta</i> var. <i>esculenta</i>
Swede	252	<i>Brassica napus</i> var. <i>napobrassica</i>	Taro	485	<i>Colocasia esculenta</i> var. <i>esculenta</i>
Swede	253	<i>Brassica napus</i> var. <i>napobrassica</i>	Taro	486	<i>Colocasia esculenta</i> var. <i>esculenta</i>
Sweet basil	1148	<i>Ocimum basilicum</i>	Taro	487	<i>Colocasia esculenta</i> var. <i>esculenta</i>
Sweet basil	1149	<i>Ocimum basilicum</i>	Tea	324	<i>Camellia sinensis</i>
Sweet basil	1150	<i>Ocimum basilicum</i>	Thickhead	528	<i>Crassocephalum crepidioides</i>
Sweet flag	37	<i>Acorus calamus</i>	Thickhead	529	<i>Crassocephalum crepidioides</i>
Sweet flag	38	<i>Acorus calamus</i>	Thin leafed Coondoo	1291	<i>Planchonella chartacea</i>
Sweet granadilla	1215	<i>Passiflora ligularis</i>	Three-leaved caper	530	<i>Crateva religiosa</i>
Sweet leaf	1444	<i>Sauropus androgynus</i>	Three-leaved caper	531	<i>Crateva religiosa</i>
Sweet leaf	1445	<i>Sauropus androgynus</i>	Thyme	1595	<i>Thymus vulgaris</i>
Sweet leaf	1446	<i>Sauropus androgynus</i>	Thyme	1596	<i>Thymus vulgaris</i>
Sweet potato	899	<i>Ipomoea batatas</i>	Tiny waterlily	1138	<i>Nymphaea nouchali</i>
Sweet potato	900	<i>Ipomoea batatas</i>	Tiny waterlily	1139	<i>Nymphaea nouchali</i>
Sweet potato	901	<i>Ipomoea batatas</i>	Tomato	979	<i>Lycopersicon esculentum</i>
Sweet potato	902	<i>Ipomoea batatas</i>	Tomato	980	<i>Lycopersicon esculentum</i>
Sweetsop	133	<i>Annona squamosa</i>	Tooth-leaved winter cherry	1258	<i>Physalis angulata</i>
Sword bean	340	<i>Canavalia gladiata</i>	Tooth-leaved winter cherry	1259	<i>Physalis angulata</i>
Sword bean	341	<i>Canavalia gladiata</i>	Torch ginger	1232	<i>Phaeomeria speciosa</i>
Sword bean	342	<i>Canavalia gladiata</i>	Torch ginger	1233	<i>Phaeomeria speciosa</i>
Tahitian chestnut, Aila	889	<i>Inocarpus fagifer</i>	Tower pine	697	<i>Endospermum medullosum</i>
Talis	1578	<i>Terminalia copelandii</i>	Traveller's palm	1385	<i>Ravenala madagascariensis</i>
Talis	1579	<i>Terminalia impediens</i>	Traveller's palm	1386	<i>Ravenala madagascariensis</i>
Tall spike rush	688	<i>Eleocharis sphacelata</i>	Traveller's palm	1387	<i>Ravenala madagascariensis</i>
Tall-stilted mangrove	1391	<i>Rhizophora apiculata</i>	Tree cucumber	175	<i>Averrhoa bilimbi</i>
Tamarind	1566	<i>Tamarindus indica</i>	Tree fern	567	<i>Cyathea angiensis</i>
Tamarind	1567	<i>Tamarindus indica</i>	Tree fern	568	<i>Cyathea contaminans</i>
Tamarind	1568	<i>Tamarindus indica</i>	Tree fern	569	<i>Cyathea hornei</i>
Tamarind	1569	<i>Tamarindus indica</i>	Tree fern	570	<i>Cyathea lunulata</i>
Tambour	1155	<i>Omphalea queenslandiae</i>	Tree fern	571	<i>Cyathea lunulata</i>
Tanget	507	<i>Cordyline fruticosa</i>	Tree fern	572	<i>Cyathea rubiginosa</i>
Tanget	508	<i>Cordyline fruticosa</i>	Tree orchid	609	<i>Dendrobium canaliculatum</i>
Tanget	509	<i>Cordyline fruticosa</i>	Tree tomato	595	<i>Cyphomandra betacea</i>
Tanget	510	<i>Cordyline fruticosa</i>	Tree tomato	596	<i>Cyphomandra betacea</i>
Tangier pea	943	<i>Lathyrus tingitanus</i>	Tropical almond	1577	<i>Terminalia catappa</i>
Tar vine	232	<i>Boerhavia diffusa</i>	Tropical reed	1254	<i>Phragmites karka</i>
Tar vine	233	<i>Boerhavia diffusa</i>	Tulican	642	<i>Diospyros hebecarpa</i>

Tu-lip	824	<i>Gnetum gnemon</i>	Waterchestnut	687	<i>Eleocharis dulcis</i>
Tu-lip	825	<i>Gnetum gnemon</i>	Watercress	1402	<i>Rorippa nasturtium-aquaticum</i>
Tu-lip	826	<i>Gnetum gnemon</i>	Watercress	1403	<i>Rorippa nasturtium-aquaticum</i>
Tu-lip	827	<i>Gnetum gnemon</i>	Waterleaf	1565	<i>Talinum triangulare</i>
Tung oil	61	<i>Aleurites fordii</i>	Watermelon	447	<i>Citrullus lanatus</i>
Turmeric	562	<i>Curcuma domestica</i>	Watermelon	448	<i>Citrullus lanatus</i>
Turmeric	563	<i>Curcuma domestica</i>	Watermelon	449	<i>Citrullus lanatus</i>
Turnip	269	<i>Brassica rapa</i>	Water-ribbon	1611	<i>Triglochin procera</i>
Turnip	270	<i>Brassica rapa</i>	Watersmart weed	1227	<i>Persicaria attenuata</i>
Twin apple	1112	<i>Neisosperma oppositifolia</i>	Watery rose apple	1549	<i>Syzygium aqueum</i>
Ulluco	1627	<i>Ullucus tuberosus</i>	Wax gourd	211	<i>Benincasa hispida</i>
Ulluco	1628	<i>Ullucus tuberosus</i>	Wax gourd	212	<i>Benincasa hispida</i>
Uskeke	1104	<i>Myristica schleinitzii</i>	Wax gourd	213	<i>Benincasa hispida</i>
Valanguar	1318	<i>Polyscias cumingiana</i>	Wax gourd	214	<i>Benincasa hispida</i>
Valanguar popo	1321	<i>Polyscias scutellaria</i>	Wax gourd	215	<i>Benincasa hispida</i>
Vanilla	1637	<i>Vanilla planifolia</i>	Wax jambu	1555	<i>Syzygium javanicum</i>
Variegated fig	760	<i>Ficus variegata</i>	Wedge-leaf rattlepod	539	<i>Crotalaria retusa</i>
Variegated fig	761	<i>Ficus variegata</i>	Wedge-leaf rattlepod	540	<i>Crotalaria retusa</i>
Variegated grape	444	<i>Cissus repens</i>	Weeping paperbark	1016	<i>Melaleuca leucadendra</i>
Variegated grape	445	<i>Cissus repens</i>	Weeping paperbark	1017	<i>Melaleuca leucadendra</i>
Vegetable fern	648	<i>Diplazium esculentum</i>	West Indian arrowroot	1008	<i>Maranta arundinacea</i>
Velvet apple	645	<i>Diospyros philippensis</i>	West Indian arrowroot	1009	<i>Maranta arundinacea</i>
Velvet bean	1080	<i>Mucuna pruriens</i>	West Indian lime	450	<i>Citrus aurantifolia</i>
Velvet bean	1081	<i>Mucuna pruriens</i>	West Indian sour grass	1208	<i>Paspalum conjugatum</i>
Velvet bean	1082	<i>Mucuna pruriens var utilis</i>	Wheat	1614	<i>Triticum aestivum</i>
Velvet bean	1083	<i>Mucuna pruriens var utilis</i>	White apple	1553	<i>Syzygium forte subsp. forte</i>
Velvet bean	1084	<i>Mucuna pruriens var utilis</i>	White Eclipta	670	<i>Eclipta prostrata</i>
Walnut	918	<i>Juglans regia</i>	White fig	762	<i>Ficus virens</i>
Walnut	919	<i>Juglans regia</i>	White fig	763	<i>Ficus virens</i>
Wandering Jew	492	<i>Commelina diffusa</i>	White flowered black mangrove	977	<i>Lumnitzera racemosa</i>
Warap	1333	<i>Pouteria maclayana</i>	White Guinea yam	640	<i>Dioscorea rotundata</i>
Warren's mangosteen	802	<i>Garcinia warrenii</i>	White gum	518	<i>Corymbia papuana</i>
Water dropwort	1153	<i>Oenanthe javanica</i>	White jelly fungus	1602	<i>Tremella fuciformis</i>
Water hyacinth	672	<i>Eichhornia crassipes</i>	White mangrove	177	<i>Avicennia alba</i>
Water hyacinth	673	<i>Eichhornia crassipes</i>	White mangrove	180	<i>Avicennia officinalis</i>
Water lettuce	1284	<i>Pistia stratiotes</i>	White mangrove	181	<i>Avicennia officinalis</i>
Water pennywort	882	<i>Hydrocotyle sibthorpioides</i>	White mangrove	1520	<i>Sonneratia alba</i>
Water primrose	970	<i>Ludwigia adscendens</i>	White mangrove	1521	<i>Sonneratia alba</i>
Waterchestnut	686	<i>Eleocharis dulcis</i>			

White nettle	1279	<i>Pipturus argenteus</i>	Winged bean	1359	<i>Psophocarpus tetragonolobus</i>
White nettle	1280	<i>Pipturus argenteus</i>	Winged bean	1360	<i>Psophocarpus tetragonolobus</i>
White nettle	1281	<i>Pipturus argenteus</i>	Witloof	434	<i>Cichorium intybus</i>
White nettle	1282	<i>Pipturus argenteus</i>	Wombat berry	721	<i>Eustrephus latifolius</i>
White raisin	1460	<i>Securinega virosa</i>	Wombat berry	722	<i>Eustrephus latifolius</i>
White raisin	1461	<i>Securinega virosa</i>	Woolly Glycine	815	<i>Glycine tomentella</i>
White sandpaper fig	743	<i>Ficus hispida</i>	Woolly pear-fruit	1048	<i>Mischocarpus lachnocarpus</i>
White sandpaper fig	744	<i>Ficus hispida</i>	Yam bean	1176	<i>Pachyrrhizus erosus</i>
White-flowered Embelia	693	<i>Embelia ribes</i>	Yam bean	1177	<i>Pachyrrhizus erosus</i>
White-flowered Embelia	694	<i>Embelia ribes</i>	Yam bean	1178	<i>Pachyrrhizus erosus</i>
Wild adlay	482	<i>Coix gigantea</i>	Yard long bean	1661	<i>Vigna unguiculata ssp.</i>
Wild currant	136	<i>Antidesma erostrae</i>	<i>sesquipedalis</i>		
Wild ginger	1695	<i>Zingiber zerumbet</i>	Yard long bean	1662	<i>Vigna unguiculata ssp.</i>
Wild ginger	1696	<i>Zingiber zerumbet</i>	<i>sesquipedalis</i>		
Wild ginger	1697	<i>Zingiber zerumbet</i>	Yard long bean	1663	<i>Vigna unguiculata ssp.</i>
Wild grape	408	<i>Cayratia maritima</i>	<i>sesquipedalis</i>		
Wild karuka	1182	<i>Pandanus brosimos</i>	Yellow cosmos	526	<i>Cosmos sulphureus</i>
Wild lime	453	<i>Citrus hystrix</i>	Yellow granadilla	1214	<i>Passiflora laurifolia</i>
Wild mallow	1025	<i>Melochia corchorifolia</i>	Yellow plum	1159	<i>Opilia amentacea</i>
Wild mango	995	<i>Mangifera altissima</i>	Yellow plum	1687	<i>Ximenia americana var. america</i>
Wild mango	1001	<i>Mangifera minor</i>	Yellow plum	1688	<i>Ximenia americana var. america</i>
Wild pitpit	1426	<i>Saccharum spontaneum</i>	Yellow plum	1689	<i>Ximenia americana var. america</i>
Wild rice	1163	<i>Oryza rufipogon</i>	Yellow tulip	663	<i>Drypetes lasiogyna</i>
Wild strawberries	1167	<i>Otanthera bracteata</i>	Yellow wood-sorrel	1170	<i>Oxalis corniculata</i>
Winged bean	1356	<i>Psophocarpus tetragonolobus</i>	Yellow wood-sorrel	1171	<i>Oxalis corniculata</i>
Winged bean	1357	<i>Psophocarpus tetragonolobus</i>	Yellow wood-sorrel	1172	<i>Oxalis corniculata</i>
Winged bean	1358	<i>Psophocarpus tetragonolobus</i>	Ylang-ylang	325	<i>Cananga odorata</i>