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**Your Edible South Florida Yard**

**What to grow and when**

**Including names in Spanish**

**Edible flowers**

African marigold / Flor de muerto

Banana / Plátano

\*Basil / Albahaca

\*Borage / Borraja

Butterfly pea / Guisante de la mariposa

Calendula / Caléndula

Chives / Cebolletas

\*Dill / Eneldo / Abesón

Elderberry / Baya del saúco

Gardenia / Gardenia

Garlic / Ajo

Hibiscus / Pabonas / Mar pacífico

Marigold / Caléndula / Maravilla

Mint / Menta

\*Nasturtium / Capuchina

Okra / Quingombó

\*Pansy / Pensamiento

\*Petunia / Petunia

Rose / Rosa

\*, \*\*Sage / Salvia de castilla

\*Squash / Calabaza / Calabacín

\*Thyme / Tomillo

\*\*Yucca / Spanish bayonet / Espino / Bayoneta

Plants listed without an asterisk (\*) can be grown year-round

\* *an annual, grown fall – spring*

\*\* *salt-tolerant species can be planted near coastal areas.*

**Herbs, flavorings, and spices**

Allspice / Pimienta de Jamaica / Pimienta Inglesa

(*leaves used as a flavoring in cooking and berries*

*used in baking*)

\*Basil / Albahaca / Albacar

Bay leaf / Común / Laurel (leaves used as a flavoring)

\*Borage / Borraja

\*Catnip / Hierba gatera

\*Chervil / Perifollo / Carafolio

Chives / Cebolletas / Ajo moruno

\*Cilantro / Coriander / Coriandro

Cinnamon / Cinamomo / Canela (*the* *bark is edible*)

Cranberry hibiscus / Jamaican sorrel / Roselle / Flor

de Jamaica

Cuban oregano / Orégano de hoja ancha

Culantro / Recao (*lives for 2 years, grow in shade*)

+Curry leaf / Hojas de curry

\*Dill / Eneldo / Abesón

Epazote / Wormseed / Apazote

\*Fennel / Hinojo

\*Fenugreek / Alholva (sprouted seeds also edible)

Garlic chives / Cebollino de ajo

Jamaican mint / Menta de palo

Kaffir lime / Kaffir lima

Katuk / Tropical asparagus

\*, \*\*Lemon balm / Melisa / Toronjil

\*\*Lemon grass / Caña de limón / Zacate de limón

\*\*Lemon verbena / Hierba Luisa / Lipia

\*Lovage / Apio de montaña / Levistico

Mexican oregano / Té del pais / Salvia Americana Mexican tarragon / Hierba de anis

\*\*Mint / Menta / Herba buena (*grow in a container*

*and keep moist*)

\*Marjoram / Mejorana

Moringa / Horseradish tree / Árbol moringa

\*Oregano / Orégano

\*\*Pandanus / Screw pine (*leaves used as a*

*flavoring*)

\*Parsley / Perejil

Pepperweed / Virginia pepperweed / peppergrass (*a*

*common weed in Florida*)

Perilla / Shiso / [**Planta bistec**](http://en.bab.la/dictionary/spanish-english/planta-bistec) (*can become a weed.*

*Remove the flowers and add to your salad*)

\*\*Prickly pear pads / Nopal

\*\*Purslane / [**Verdolaga**](http://en.bab.la/dictionary/spanish-english/verdolaga)

\*\*Rosemary / Romero

\*, \*\*Sage / Salvia de castilla

\*Savory / Tomillo / Ajedrea de jardin

Spotted beebalm / Spotted horsemint / Monarda

Star anise / Anis de estrella / Anis (*use the seed pods*)

Stevia / Hierba dulce *(remove flower buds since they*

*reduce the sweetness of the leaves*)

Sugarcane / Caña de azúcar

\*Thyme / Tomillo

Tumeric / Cúrcuma / Tumerico

Vanilla orchid / Vainilla (*Flowers need to be hand-*

*pollinated to produce the pod / bean)*

Vietnamese mint / Hot mint / Laksa leaf

+ *Curry leaf is a shrub and can send up root suckers over time. Keep in a pot or keep suckers mowed. Remove flowers to prevent seeding.*

Plants listed without an asterisk (\*) can be grown year-round

\* *herbs grown fall – spring*

\*\* *salt-tolerant species can be planted near coastal areas.*

**Seeds and nuts**

Allspice / Pimienta de Jamaica /

Pimienta Inglesa

\*Anise / Anis

Annatto / Achiote / Lipstick Tree / Bija / Bijol *seeds used as a substitute for saffron*

Black pepper / Peppercorn / Pimienta negra *to produce black peppercorns, dry the “seeds”. To produce*

*white pepper, remove the outer seed coat after drying. To*

*produce green peppercorns, harvest the peppercorns and*

*use fresh.*

\*\*\*Caraway / Alcaravea

Cardamom / Cardamomo

Chia

Cinnamon / Árbol de canela / Canela *harvest newly set “berries”*

\*\*Coconut palm / Coco

\*Coriander / Cilantro / Coriandro

\*Cumin / Comino

\*Fennel / Hinojo

\*Fenugreek / Alholva

Jackfruit / Jaca *boil or roast the seeds*

Macadamia / Nuez de Queensland *recommended varieties include:* ‘Arkin Papershell’, ‘Beaumont’,

‘Cate’, ‘Dana White’

Mustard / Mostaza

Peanut / Maní / Carahueta / Cacahuate *plant in Feb. or March*

Pepperweed / Virginia pepperweed / *a common weed in Florida. Dried seeds used as a black*

Peppergrass  *pepper substitute*

Pumpkin / Semillas de calabaza

\*Sesame / Sésamo / Ajonjolí / Alegría

Sunflower / Girasol

Tropical almond / Almendro de la India / *can be invasive and is restricted where it can be planted*

Almendrón

Plants listed without an asterisk (\*) can be grown year-round

\* *an annual, grown fall – spring*

\*\* *salt-tolerant species can be planted near coastal areas.*

\*\*\* *grow caraway in a container, sheltered from rain. Can be difficult to grow. A biennial (it flowers & produces seeds the 2nd year, then dies).*

**Vegetables and leafy greens, winter**

Arugula / Rocket / Rúcula

\*\*Beets / Remolacha / Betarraga

Bok choy / Pac choy / Col China

\*\*Broccoli / Brécol / Brecolera

\*\*Cabbage / Col / Repollo

Carrot / Zanahoria

Chard / Swiss chard / Acelga

Chinese cabbage / Napa cabbage / Col China

Chinese radish / Winter radish / Rábano chino

Collards / Col berza

Corn salad / Mâche

Cucumber / Pepino

Eggplant / Berenjena

Egyptian spinach / Molokhiya / Jute

Endive / Escarole / Escarola / Endibia

Escarole

Fennel / Hinojo / Cáñamo

Garbanzo beans / Chickpea

Gourds / Calabaza

+Green beans / Snap beans / Pole beans / Ejote /

Habichuela / Frijol / Habas verdes

\*\*Green pepper / Bell / Sweet / Pimiento dulce

Jamaican spinach / Callaloo / Callalú

Jerusalem artichoke / Sunchoke / Topinambur /

Alcachofa de Jerusalén

\*\*Kale / Col rizada

Kohlrabi / Col rábano / Colirábana

Leaf lettuce / Lechuga

Leek / Puerro

Melons / Melones

Mustard / Mustard greens / Mizuna / Mostaza

Okinawa spinach

Onion / Cebolla

Orach / French spinach / Armuelle mole

Peas / Guisante / Arveja

Raab broccoli / Rapini

Radish / Rábano

Radicchio

Rutabaga / Nabo sueco

\*Salad burnet / Burnet / Pimpinelle

Salsify / Salsifí (*both the root and leaves are edible*)

Shallot / Chalote

Snow peas / Arveja de nieve

Soybean / Semilla de soja

\*\*Spinach / Espinaca

Spinach mustard / Tatsoi / Rosette bok choy

Spring onion / Green onions / Cebollas de

primavera

Squash / Calabaza / Calabacín

Tomatillo / Husk tomato (*plant a few plants for better*

*pollination*)

\*\*Tomato, cherry-type and grape / Tomate (*these*

*are easiest to grow*)

\*\*Tomato, large fruit-type / Tomate

\*\*Tomato, plum-type (‘Roma’) / Tomate

Turnip / Nabo (*the greens are also edible*)

Watercress / Berro (*grow in a tub of water*)

Watermelon / Sandia / Melón de agua

Winged beans / Frijol alado

*Winter vegetables, plant in Oct – Feb, crops usually finished by May*

+ *includes adzuki, broad, bush, green, hyacinth / lablab, pole, scarlet runner, sword, winged beans.*

\* *perennial*

\*\* *salt-tolerant species can be planted near coastal areas.*

**Challenging to grow winter vegetables (a little difficult due to our climate)**

Brussels sprouts / Coles de Brusselas

Cauliflower / Coliflor

Celery / Apio

Corn (sweet) / Maiz dulce / Choclo / Maiz tieano *(needs a lot of*

*room, pest problems*)

Garlic / Ajo

Lettuce, head types / Lechuga

Potato / Patata / Papa (*grow in a deep tub filled with*

*compost*)

\*\*Tomato, heirloom varieties / Tomate

\*\* *salt-tolerant species can be planted near coastal areas.*

**Vegetables and leafy greens, summer or year-round**

Amaranth / Tampala / Bleda

Bitter melon / Balsam apple / Momordica

Boniato / Cuban sweet potato

Collards / Col berza

Cuban pumpkin / Calabaza / Cuban squash

Dasheen / Taro / Malanga del pacifico

Eggplant / Berenjena

Egyptian spinach / Molokia / Jute

Ethiopian mustard / Texsel greens / Mostaza etíope

Galangal / Siamese ginger / Galanga

Ginger / Jengibre

\*\*Hot peppers / Pimienta picante / Chile

Jack bean

Lima bean / Haba verde / Habichuela blanca

Longevity spinach, (*A vine, grows for several years*)

Malabar spinach / Ceylon spinach

Malanga / Cocoyam / Malanga blanca (*Can be an*

*invasive species. Plant with caution, grow in*

*containers.*)

Moringa / Horseradish tree / Árbol moringa

(*immature pods and roots*)

New Zealand spinach

Okra / Quingombó / Cancha

Pigeon peas / Frijol gandul / Frijol de palo

Purslane / Verdolaga

Seminole pumpkin / Cashaw / Spanish calabaza

Southern peas such as black-eyed peas / Frijol

Sweet potato / Batata

Tree tomato / Tamarillo (*begins bearing at 2 years,*

*lives for several years*)

Water chestnut / Castaña de agua (*grow in a water*

*filled tub*)

Watercress / Berro (*grow in a tub of water or*

*hydroponic system)*

Yard-long bean / Frijol largo

*Summer vegetables, plant in March – June*

\*\* *salt-tolerant species can be planted near coastal areas.*

**Hard to grow summer crops (disease problems)**

Cucumber / Pepino

Melons / Melones (*plant watermelon in the spring*)

Peanut / Maní / Cacahuate

Squash / Calabaza

**Specialty crops**

Cassava / Yuca / Manioca / Tapioca *Plant roots in pots to sprout. Make stem cuttings and plant in the*

*garden in late fall through March (wait 9 months to harvest).*

Chayote *Plant the entire unpeeled, untreated fruit, Needs to be trellised.*

Jicama *Requires trellising; do* ***not*** *eat the leaves or pods because of*

*poisonous compounds.*

**Fruiting vines and shrubs**

Antidesma / Bignay

Barbados cherry / West Indian cherry / Acerola

Barbados gooseberry / West India gooseberry /

Otaheite gooseberry / Grosellero / Manzana estrella

Blackberry / Zarzamora

Blue grape / False jaboticaba

\*\*Carissa / Natal plum / Ciruela de Natal

Chayote

\*\*Cocoplum / Hicaco / Icaco

Coffee / Cafeto / Café *Grow in shade*

Cranberry hibiscus / Jamaican sorrel /

Roselle / Flor de Jamaica

Dragon fruit / Pitaya *Needs to be trellised*

Elderberry / Baya del saúco *Unripe fruit are poisonous*

Kei apple / Dovyalis

\*\*Miracle fruit / Fruta del milagro *Eating this fruit helps make sour fruit taste sweet*

Monstera / Ceriman / Piña anón

Muscadine grape / Uva muscadine ‘Fry’, ‘Noble’, ‘Summit’

Mysore raspberry

Passionfruit / Granadilla / Ceibey *Yellow-types, hybrids. Purple-types fruit poorly here*

\*\*Pineapple / Piña

\*\*Prickly pear / Tuna

\*\*Seagrape / Uva caleta *Most landscape plants are male. Buy plants from a fruit tree*

*nursery*

Strawberry / Fresa *Plant in the fall*

Surinam cherry / Cherry hedge / *Restricted use in Miami-Dade. See if it’s allowed in your*

Pitanga / Cerezada *neighborhood). Black fruit types are sweet, mildly flavored*.

\*\* *salt-tolerant species can be planted near coastal areas*.

**Small statured fruit trees**

Banana / Plátano / Plátano enano ‘Dwarf Cavendish’, ‘Dwarf Red’, ‘Grand Nain’, ‘Red Jamaican’,

‘Umalog’ *and others*

Bilimbi / Cucumber tree / Calmais *Fruit used as a flavoring*

Black mulberry / Mora

Carambola / Starfruit / Carambolera ‘Arkin’, ‘Fwang Tung’, ‘Kary’, ‘Lara’, ‘Sri Kembangan’

Cashew apple / Marañon / Anacardo *Cashew is very sensitive to cold temperatures*

Ceylon gooseberry / Dovyalis / Aberia /

Kerambilla / Tropical apricot

Cherry of the Rio Grande

\*\*Darling plum

\*\*Fig / Higo ‘Brown Turkey’, ‘Celeste’

Grumichama / Brazil cherry

\*\*Guava / Guayaba ‘Asian White’, Crystal’, ‘Homestead’, ‘Hong Kong Pink’, ‘Lotus’,

‘Patillo’

Imbe

Jaboticaba

\*\*Jujube / Azufaifo Chino

Limeberry / Limón de Jerusalén / Limoncito

Mamey sapote / Zapote colorado ‘Lara’, ‘Magana’, ‘Mayapan’, ‘Pace’, ‘Pantin’ / ‘Key West’

Mango, “condo” ‘Carrie’, ‘Cogshall’, ‘Fairchild’, ‘Lancetilla’, ’Mallika’, ‘Nam Doc

Mai’, ‘Pickering’

Nance / Golden spoon / Peralejo de sabana

Papaya / Melón zapote / Fruta bomba

Persimmon, Asian / Oriental persimmon Caqui ‘Hachiya’, ‘Saijo’, ‘Tanenashi’

Persimmon, Virginia / American persimmon

Pineapple guava / Guayaba Brasileña

Pitomba

Plantain / Plátano

\*\*Sapodilla / Naseberry / Nispero *Plant dwarf varieties such as:* ‘Makok’, ‘Silas Woods’

\*\*Seagrape / Uva caleta *Most landscape plants are male. Buy plants from a fruit tree*

*nursery*

Strawberry tree / Capuli

Sugar apple / Sweetsop / Anón de azúcar /

Anón

Wampee / Wampi / Lansio

\*\* *salt-tolerant species can be planted near coastal areas*.

**Medium – large fruit trees (can be pruned to limit their size)**

Ackee / Aki / Seso vegetal / Palo seso *Fruit can be poisonous if not harvested at the proper stage*

Atemoya / Anón

Avocado / Aguacate / Palto ‘Booth 7’, ‘Booth 8’, ‘Brogdon’, ‘Brooks Late’, ‘Choquette’,

‘Donnie’, ‘Dupuis’, ‘Loretta’, ‘Miguel’, ‘Monroe’, ‘Nadir’, ‘Reed’,

‘Russell’, ‘Simmonds’

Bael fruit / Indian quince

Black sapote / Chocolate pudding tree /

Zapote negro / Ebano

Carob / Algarrobo *used as a chocolate substitute*. ‘Clifford’ and ‘Santa Fe’ *don’t*

*require cross-pollination. Some salt-tolerance.*

\*\*Canistel / Eggfruit / Fruta de huevo ‘Bruce’, ‘Fairchild #1’, ‘Fitzpatrick’, ‘Oro’, ‘Trompo’

\*\*Coconut palm / Coco

Custard apple / Bullock’s heart / Corazón /

Cherimoya

Green sapote / Mameicito / Injerto

Jackfruit / Jaca ‘Black Gold’, ‘Cheena’, ‘Chompa Gob’, ‘Cochin’, ‘Gold Nugget’,

‘Honey Gold’

Jamaica cherry / Capulin cherry /

Strawberry tree / Cereza tropical / Capulina

Kei apple / Manzana de Kei *You will need both a female and a male tree*

Longan / Mamoncillo longan

\*\*Loquat / Japanese plum / Nispero japonés

Lychee / Mamoncillo Chino / Lechia / Lichi

Malay apple / Pomarrosa de Malaca

Mammee apple / Mamey de Santo Domingo /

Abrió / Mamey amarillo

Mango ‘Carrie’, ‘Duncan’, ‘Edward’, ‘Florigon’, ‘Keitt’, ‘Parvin’, ‘Saigon’,

‘Tommy Atkins’

Pigeon plum *A native shade tree*

Rose apple / Pomarosa

\*\*Sapodilla / Naseberry / Dilly / Níspero / *There are now some dwarf varieties (‘Tikal’, ‘Hasya’, Makola’ )*

Chicle

Satinleaf / Caimitillo *A Florida native related to star apple / caimito*

Soursop / Guanabana / Graviola

Spanish lime / Mamoncillo / Genip *You will need both a male and a female tree*

Spondias / Ciruela

Spondias dulcis. Common names include ambarella, Otaheite apple, and golden apple / Ciruela

\*\*Spondias mombin, L. Common names include yellow mombin and hog plum / Ciruela amarilla

Spondias purpurea, L. Common names include purple mombin and red mombin / Ciruela

Star apple / Caimito / Caimo

\*\*Tamarind / Tamarindo

Velvet apple / Mabolo

Wax jambo / Water apple

White sapote / Zapote blanco ‘Dade’, ‘Denzler’, ‘McDill’, ‘Pike’, ‘Reinekie’, ‘Suebelle’, ‘Yellow’

\*\* *salt-tolerant species can be planted near coastal areas.*

**Container fruits**

*Most fruit listed under “Fruiting vines and shrubs” and “Small statured fruit trees” can be kept in containers if there is no space to plant in the ground. Keep in mind that plants kept in containers may be less productive than those planted in your yard. Below is a partial list of what can be grown.*

Barbados cherry / West Indian cherry / Acerola

Banana / Plátano / Plátano enano

Blackberry / Zarzamora

\*\*Carissa / Natal plum / Ciruela de Natal

Carambola / Starfruit / Carambolera

Ceylon gooseberry / Dovyalis / Aberia /

Ketembilla / Tropical apricot

\*\*Cocoplum / Hicaco / Icaco

Coffee / Cafeto / Café (grow in shade)

\*\*Fig / Higo

Grumichama / Brazil cherry

\*\*Guava / Guayaba

Jaboticaba

Jamaica cherry / Capulin cherry / Strawberry tree

Kei apple / Dovyalis / Manzana de Kei

Limeberry / Limón de Jerusalén / Limoncito

\*\*Miracle fruit / Fruta del milagro

Naranjilla

Papaya / Lechoza / Fruta bomba

Passion fruit / Granadilla / Ceibey / Meracuya

\*\*Pineapple / Piña

Pitomba

Strawberry / Fresa

\*\* *salt-tolerant species can be planted near coastal areas.*

**Tips**

To be productive, most flowers, shrubs and trees need full sun for most of the day.

Leaf lettuce, leafy greens, and herbs can tolerate some shade.

Grow herbs and most vegetables in raised bed gardens. Many can also be grown in containers.

**Web sites for additional information**

Raised bed gardening

fact sheets and videos <http://miami-dade.ifas.ufl.edu/>

Edible flowers <http://content.ces.ncsu.edu/choosing-and-using-edible-flowers-ag-790>

Herbs <http://edis.ifas.ufl.edu/vh020>

Vegetables <http://edis.ifas.ufl.edu/topic_gardening>

<http://edis.ifas.ufl.edu/topic_minor_vegetables>

<http://echonet.org/edible-leaves>

<http://echonet.org/vegetables/>

<http://echonet.org/tubers/>

<http://edibleplantproject.org/plants/>

Fruit <http://trec.ifas.ufl.edu/fruitscapes/>

Some web sites may list crops that don’t grow or don’t do well in south Florida so do your research!

**Reference books**

Florida Home Grown 2: The Edible Landscape. By Tom MacCubbin

Florida’s Best Fruiting Plants. By Charles R. Boning

Florida’s Best Herbs & Spices. By Charles R. Boning

Florida’s Edible Wild Plants. By Peggy Sias Lantz

Fruits of Warm Climates. By Julia Morton. This book is digitized and available on the web

<https://www.hort.purdue.edu/newcrop/morton/index.html>

Herbs and Spices for Florida Gardens. By Monica Moran Brandies

Organic Methods for Vegetable Gardening in Florida. By Ginny Stibolt and Melissa Contreras

Uncommon Scents, Growing Herbs & Spices in Florida. By Hank Bruce

Vegetable Gardening in Florida. By James M. Stephens

Vegetable Gardening in the Caribbean Area. USDA Agricultural Handbook No. 323

**Disclaimer: Do your research before eating plants and plant parts that you are unfamiliar with. Some plants can cause allergic reactions or other side effects.**

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