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 (*can become a weed. Remove the flowers and add to your salad*)
**Prickly pear pads / Nopal
**Purslane / 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 / Peppergrass	*a common weed in Florida. Dried seeds used as a black pepper substitute*
Pumpkin / Semillas de calabaza	
*Sesame / Sésamo / Ajonjolí / Alegría	
Sunflower / Girasol	
Tropical almond / Almendro de la India / Almendrón	*can be invasive and is restricted where it can be planted*

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 / Pitanga / Cerezada	*Restricted use in Miami-Dade. See if it's allowed in your 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*.

<u>Medium – large fruit trees</u> (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 / Chicle	*There are now some dwarf varieties ('Tikal', 'Hasya', Makola')*
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.

Written by Adrian Hunsberger, M.S., Urban Horticulture Agent, Miami-Dade County Extension, Institute of Food and Agricultural Sciences, University of Florida. Reviewed by Dr. Carlos Balerdi, Tropical Fruit Agent, Emeritus; Dr. Qingren Wang, Commercial Vegetable Agent; Jeff Wasielewski, Tropical Fruit Agent; Miami-Dade Master Gardeners. Miami-Dade County Extension, Institute of Food and Agricultural Sciences, University of Florida.

September 2017