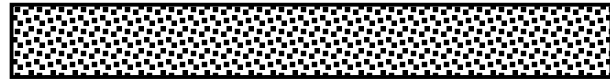


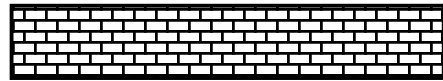
Cassava leaves (cooked)



Winged bean leaves



Kangkong



Diplazium fern

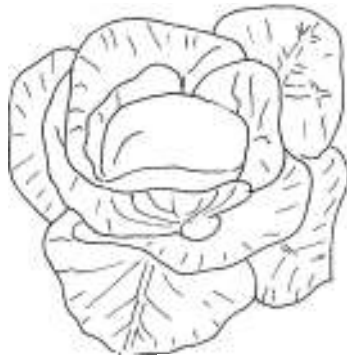


Tu-lip leaves



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.

I appreciate the assistance of my daughter
Anthea Maynard
born at Vunapope 1975
for helping compile the information.

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

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

If you locate a copy of this book in electronic form
you may copy it for your own use or for giving to friends.

You are welcome to print it out!

For commercial or large scale distribution,
please contact the author

This publication has been made available as a
computer based pdf book
2006

Author

Bruce R French
38 West St
Burnie
Tasmania 7320
Ph (03) 64321080
Email: bfrench@vision.net.au

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 | | | | | | | Edible portion |
|-----|-------------------------------------------|-------------------|------------|-----------|-----------|-----------|----------|---------|---------|----------------|
| | | | Moisture % | Energy KJ | Protein % | Vit A µg | Vit C mg | Iron mg | Zinc mg | |
| 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 | 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-leaved monochoria | 1058 | <i>Monochoria hastata</i> | Beetroot | 219 | <i>Beta vulgaris</i> |
| Arrow-leaved 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 betonicifolia</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 holrrungii</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> |