

List of vegetables

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This is a list of plants that have a culinary role as vegetables. "Vegetable" can be used in several senses, including culinary, botanical and legal. This list includes botanical fruits such as pumpkins, and does not include herbs, spices, cereals and most culinary fruits and culinary nuts. Edible fungi are not included in this list.

Legal vegetables are defined for regulatory, tax and other purposes. An example would include the tomato, which is a botanical berry, but a culinary vegetable according to United States law. (The United States also considers tomato sauce on pizza a vegetable for serving size purposes in school lunches in the US.^[1])

Some culinary vegetables such as laver are not even members of the plant kingdom.

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Leafy and salad vegetables

	Species name
Amaranth	<i>Amaranthus cruentus</i>
Arugula	<i>Eruca sativa</i>
Beet (greens)	<i>Beta vulgaris vulgaris</i>
Bok choy (白菜)	<i>Brassica rapa (chinensis)</i>
Borage greens	<i>Borago officinalis</i>
Broccoli (leaves / stalks)	<i>Brassica oleracea</i>
Brussels sprouts	



Garden Cress

	<i>Brassica oleracea</i> (<i>gemmifera</i>)
Cabbage	<i>Brassica oleracea</i> (<i>capitata</i>)
Catsear	<i>Hypochaeris</i> <i>radicata</i>
Celery	<i>Apium graveolens</i>
Celtuce	<i>Lactuca sativa</i> (<i>asparagina</i>)
Chaya	<i>Cnidoscolus</i> <i>aconitifolius</i> <i>aconitifolius</i>
Chickweed	<i>Stellaria</i>
Chicory	<i>Cichorium intybus</i>
Chinese mallow	<i>Malva verticillata</i>
Chrysanthemum (leaves)	<i>Chrysanthemum</i> <i>coronarium</i>
Collard greens	<i>Brassica oleracea</i>
Common purslane	<i>Portulaca oleracea</i>
Corn salad	<i>Valerianella</i> <i>locusta</i>
Cress	<i>Lepidium sativum</i>
Dandelion	<i>Taraxacum</i> <i>officinale</i>
Dill	<i>Anethum</i> <i>graveolens</i>
Endive	<i>Cichorium endivia</i>
Fat hen	<i>Chenopodium</i> <i>album</i>
Fiddlehead	<i>Pteridium</i> <i>aquilinum</i> <i>Athyrium</i> <i>esculentum</i>
Fluted pumpkin	<i>Telfairia</i> <i>occidentalis</i>
Garden rocket	<i>Eruca sativa</i>
Golden samphire	<i>Inula crithmoides</i>
Good King Henry	<i>Chenopodium</i> <i>bonus-henricus</i>
Grape (leaves)	<i>Vitis</i>
Greater plantain	<i>Plantago major</i>
Kai-lan (芥蘭 Gai lan)	<i>Brassica rapa</i> (<i>alboglabra</i>)



Iceberg lettuce field in northern Santa Barbara County.



Spinach in flower



Miner's lettuce

Kale	<i>Brassica oleracea</i> (<i>acephala</i>)
Komatsuna	<i>Brassica rapa</i> (<i>pervidis</i> / <i>komatsuna</i>)
Kuka	<i>Adansonia</i>
Lagos bologi	<i>Talinum fruticosum</i>
Lamb's lettuce	<i>Valerianella</i> <i>locusta</i>
Lamb's quarters	<i>Chenopodium</i> <i>album</i>
Land cress	<i>Barbarea verna</i>
Lettuce	<i>Lactuca sativa</i>
Lizard's tail	<i>Houttuynia cordata</i>
Malabar spinach	<i>Basella alba</i>
Melokhia	<i>Corchorus olitorius</i> <i>Corchorus</i> <i>capsularis</i>
Miner's lettuce (Winter purslane)	<i>Claytonia</i> <i>perfoliata</i>
Mizuna greens	<i>Brassica rapa</i> (<i>nipposinica</i>)
Mustard	<i>Sinapis alba</i>
Napa cabbage (苕菜 Siu choy)	<i>Brassica rapa</i> (<i>pekinensis</i>)
New Zealand Spinach	<i>Tetragonia</i> <i>tetragonioides</i>
Orache	<i>Atriplex hortensis</i>
Pak choy (白菜 Bok choy)	<i>Brassica rapa</i> (<i>chinensis</i>)
Paracress	<i>Acmella oleracea</i>
Pea sprouts / leaves	<i>Pisum sativum</i>
Poke	<i>Phytolacca</i> <i>americana</i>
Radicchio	<i>Cichorium intybus</i>
Rapini (broccoli rabe)	<i>Brassica rapa rapa</i>
Samphire	<i>Crithmum</i> <i>maritimum</i>
Sculpit / Stridolo	<i>Silene inflata</i>
Sea beet	<i>Beta vulgaris</i> <i>maritima</i>
Sea kale	<i>Crambe maritima</i>
Sierra Leone bologi	<i>Crassocephalum</i>

Soko	<i>Celosia argentea</i>
Sorrel	<i>Rumex acetosa</i>
Sour cabbage	<i>Brassica oleracea</i>
Spinach	<i>Spinacia oleracea</i>
Summer purslane	<i>Portulaca oleracea</i>
Swiss chard	<i>Beta vulgaris cicla (flavescens)</i>
Tatsoi	<i>Brassica rapa (rosularis)</i>
Turnip greens	<i>Brassica rapa (rapifera)</i>
Watercress	<i>Nasturtium officinale</i>
Water spinach	<i>Ipomoea aquatica</i>
Wheatgrass	<i>Triticum aestivum</i>
Yarrow	<i>Achillea millefolium</i>
Yao choy (油菜 Yu choy)	<i>Brassica napus</i>

Fruits

	Species name
Avocado	<i>Persea americana</i>
Bell pepper	<i>Capsicum annuum</i>
Bitter melon	<i>Momordica charantia</i>
Bitter gourd	<i>Momordica charantia</i>
Chayote	<i>Sechium edule</i>
Cucumber	<i>Cucumis sativus</i>
Ivy gourd	<i>Coccinia grandis</i>
Eggplant / Aubergine / Brinjal	<i>Solanum melongena</i>
Luffa	<i>Luffa cylindrica</i>
Olive fruit	<i>Olea europaea</i>
Pumpkin	<i>Cucurbita</i>
Squash	<i>Cucurbita</i>
Sweet pepper	<i>Capsicum annuum (grossum)</i>
Tinda	<i>Praecitrullus fistulosus</i>
Tomatillo	<i>Physalis philadelphica</i>
Tomato	



Pumpkins

Vanilla	<i>Solanum lycopersicum</i> <i>Vanilla</i>
West Indian gherkin	<i>Cucumis anguria</i>
Winter melon	<i>Benincasa hispida</i>
Zucchini / Courgette / Marrow	<i>Cucurbita pepo</i>

Flowers and flower buds

Artichoke	Species name <i>Cynara cardunculus / scolymus</i>
Broccoli	<i>Brassica oleracea</i>
Brocolini flowers	<i>Brassica oleracea</i>
Caper	<i>Capparis spinosa</i>
Cauliflower	<i>Brassica oleracea</i>
Daylily ^[2]	<i>Hemerocallis fulva</i>
Courgette flowers	<i>Cucurbita</i>
Squash blossoms	<i>Cucurbita</i>



Globe artichokes being cooked

Podded vegetables

American groundnut	Species name <i>Apios americana</i>
Azuki bean	<i>Vigna angularis</i>
Black-eyed pea	<i>Vigna unguiculata unguiculata</i>
Chickpea	<i>Cicer arietinum</i>
Common bean	<i>Phaseolus vulgaris</i>
Drumstick	<i>Moringa oleifera</i>
Dolichos bean	<i>Lablab purpureus</i>
Fava bean	<i>Vicia faba</i>
Garbanzo	<i>Cicer arietinum</i>
Green bean (French bean)	<i>Phaseolus vulgaris</i>
Guar	<i>Cyamopsis tetragonoloba</i>
Horse gram	<i>Macrotyloma uniflorum</i>



"Common bean", "kidney bean", "haricot bean", "pinto bean", "navy bean", and "green bean" are all varieties of the species *Phaseolus vulgaris*.

Indian pea	<i>Lathyrus sativus</i>
Lentil	<i>Lens culinaris</i>
Lima bean	<i>Phaseolus lunatus</i>
Moth bean	<i>Vigna acontifolia</i>
Mung bean	<i>Vigna radiata</i>
Okra	<i>Abelmoschus esculentus</i>
Pea	<i>Pisum sativum</i>
Peanut	<i>Arachis hypogaea</i>
Pigeon pea	<i>Cajanus cajan</i>
Ricebean	<i>Vigna umbellata</i>
Runner bean	<i>Phaseolus coccineus</i>
Snap pea (sugarsnap, mangetout)	<i>Pisum sativum (macrocarpon)</i>
Snow pea (mangetout)	<i>Pisum sativum (saccharatum)</i>
Soybean	<i>Glycine max</i>
Tarwi (Tarhui / Chocho)	<i>Lupinus mutabilis</i>
Tepary bean	<i>Phaseolus acutifolius</i>
Urad bean	<i>Vigna mungo</i>
Velvet bean	<i>Mucuna pruriens</i>
Winged bean	<i>Psophocarpus tetragonolobus</i>
Yardlong bean	<i>Vigna unguiculata (sesquipedalis)</i>



Varieties of soybeans are used for many purposes.

Bulb and stem vegetables

	Species name
Asparagus	<i>Asparagus officinalis</i>
Cardoon	<i>Cynara cardunculus</i>
Celeriac	<i>Apium graveolens (rapaceum)</i>
Celery	<i>Apium graveolens</i>
Chives	<i>Allium schoenoprasum</i>
Elephant garlic	<i>Allium ampeloprasum (ampeloprasum)</i>

Florence fennel	<i>Foeniculum vulgare (dulce)</i>
Garlic	<i>Allium sativum</i>
Garlic chives	<i>Allium tuberosum</i>
Kohlrabi	<i>Brassica oleracea (gongylodes)</i>
Kurrat	<i>Allium ampeloprasum (kurrat)</i>
Lemongrass	<i>Cymbopogon citratus</i>
Leek	<i>Allium porrum</i>
Lotus root	<i>Nelumbo nucifera</i>
Nopal	<i>Opuntia ficus-indica</i>
Onion	<i>Allium cepa</i>
Pearl onion	<i>Allium ampeloprasum (sectivum)</i>
Potato onion	<i>Allium cepa (aggregatum)</i>
Prussian asparagus	<i>Ornithogalum pyrenaicum</i>
Spring onion / Scallion	<i>Allium wakegi</i>
Shallot	<i>Allium cepa (aggregatum)</i>
Tree onion ^[3]	<i>Allium × proliferum</i>
Welsh onion	<i>Allium fistulosum</i>
Wild leek	<i>Allium tricoccum</i>



Garlic bulbs and individual cloves, one peeled.

Root and tuberous vegetables

	Species name
Ahipa	<i>Pachyrhizus ahipa</i>
Arracacha	<i>Arracacia xanthorrhiza</i>
Bamboo shoot	<i>Bambusa vulgaris</i> <i>Phyllostachys edulis</i>
Beetroot	<i>Beta vulgaris vulgaris</i>
Burdock	<i>Arctium lappa</i>
Broadleaf arrowhead	<i>Sagittaria latifolia</i>
Camas	<i>Camassia</i>
Canna	<i>Canna</i>
Carrot	<i>Daucus carota</i>
Cassava	<i>Manihot esculenta</i>
Chinese artichoke	<i>Stachys affinis</i>
Daikon	



Carrots come in a variety of shapes, sizes and colors.

	<i>Raphanus sativus (longipinnatus)</i>
Earthnut pea	<i>Lathyrus tuberosus</i>
Elephant foot yam	<i>Amorphophallus paeoniifolius</i>
Ensete	<i>Ensete ventricosum</i>
Galangal	<i>Alpinia galanga</i>
Ginger	<i>Zingiber officinale</i>
Hamburg parsley	<i>Petroselinum crispum tuberosum</i>
Horseradish	<i>Armoracia rusticana</i>
Jerusalem artichoke	<i>Helianthus tuberosus</i>
Jícama	<i>Pachyrhizus erosus</i>
Mashua	<i>Tropaeolum tuberosum</i>
Parsnip	<i>Pastinaca sativa</i>
Pignut	<i>Conopodium majus</i>
Potato	<i>Solanum tuberosum</i>
Prairie turnip	<i>Psoralea esculenta</i>
Radish	<i>Raphanus sativus</i>
Rutabaga	<i>Brassica napus (napobrassica)</i>
Salsify	<i>Tragopogon porrifolius</i>
Scorzonera	<i>Scorzonera hispanica</i>
Skirret	<i>Sium sisarum</i>
Swede	<i>Brassica napus (napobrassica)</i>
Sweet potato (Kumara)	<i>Ipomoea batatas</i>
Taro	



The potato is one of the world's staple foods.

	<i>Colocasia esculenta</i>
Ti	<i>Cordyline fruticosa</i>
Tigernut	<i>Cyperus esculentus</i>
Turmeric	<i>Curcuma longa</i>
Turnip	<i>Brassica rapa (rapifera)</i>
Ulluco	<i>Ullucus tuberosus</i>
Wasabi	<i>Wasabia japonica</i>
Water caltrop	<i>Trapa natans</i> <i>Trapa bicornis</i>
Water chestnut	<i>Eleocharis dulcis</i>
Yacón	<i>Smallanthus sonchifolius</i>
Yam	<i>Dioscorea</i> ^[4]

Sea vegetables

	Species name
Aonori	<i>Monostroma</i> <i>Enteromorpha</i>
Arame	<i>Eisenia bicyclis</i>
Carola	<i>Callophyllis variegata</i>
Dabberlocks (Badderlocks)	<i>Alaria esculenta</i>
Dulse (Dillisk)	<i>Palmaria palmata</i>
<i>Hijiki</i>	<i>Hizikia fusiformis</i>
<i>Kombu</i>	<i>Laminaria japonica</i>
Laver / <i>Gim</i>	<i>Porphyra</i>
<i>Mozuku</i>	<i>Cladosiphon okamuranus</i>
<i>Nori</i>	<i>Porphyra</i>
<i>Ogonori</i>	<i>Gracilaria</i>
Sea grape	<i>Caulerpa</i>
Sea lettuce	<i>Ulva lactuca</i>
<i>Wakame</i>	<i>Undaria pinnatifida</i>



Caulerpa is a genus of edible seaweed.

See also

- Herbs
- Vegetable juice
- List of culinary fruits
- List of leaf vegetables
- List of vegetable dishes
- List of foods

References

1. "Tomato sauce on pizza is a vegetable, says Congress; GOP says healthier school lunches are too expensive". *Daily News*. New York. November 16, 2011. Retrieved 2011-11-21.
2. Used dried or fresh in Chinese cuisine; see Meredith, Leda. "How to Sustainably Harvest and Eat Delicious Daylilies". *Mother Earth News*. Mother Earth News. Retrieved 8 July 2014.
3. Also known as the Egyptian Walking Onion due to its ability spread easily to other parts of gardens.
4. "Everyday Mysteries: Yam". Library of Congress, United States of America. 2011.

External links

- Lists of vegetables (<http://vegetablesfruitsgrains.com/list-of-vegetables/>)

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