

Food Crops Lists

Indigenous American Food Crops

North America

- Beans - two main types, lima and common
- Squash - summer and winter, 3 or 4 varieties per tribe
- Corn (at least four varieties, including varieties suitable for flour)
- Sunflowers - two types - giant and Jerusalem artichoke
- Pumpkins
- Blueberries, many berries
- Raspberries, Blackberries
- Strawberries
- Grapes

Indigenous peoples of eastern North America gathered about 175 “wild” foods but cultivated fewer than nine. Foods free and freely available in the surrounds lands which were actively managed as food forests or marshlands or waters. Many plants eaten as greens grew in abundance. The cultivated varieties included:

1. Beans - two main types, lima and common
2. Squash, (hard) winter
3. Summer (soft) squash
4. Corn (at least four varieties, including varieties suitable for flour)
5. Pumpkins
6. Gourds
7. Giant Sunflower the giant single heads to eleven inches wide or oil and hair dressing
8. Jerusalem artichoke for potato-like tubers

Central & South America

- tomatoes
- potatoes, white
- potatoes, sweet
- peanuts
- Peppers

African Food Crops

- lettuce (Egypt)
- radishes (Egypt)
- onions (Egypt)

- okra (North Africa)
- melons - cantaloupe, honeydew, watermelon (West Africa)
- black-eyed Peas (West Africa)
- yams (West Africa)

Europe

- beets
- cabbage
- brussels sprout
- cauliflower
- kale
- grapes (Near East)

Asia

- rhubarb
- cucumbers (India)
- carrots (Afghanistan)
- parsnips (Eurasia)
- rutabagas (Eurasia)
- turnips (Eurasia)
- peas (Eurasia/Egypt)
- radishes (Eurasia/Egypt)
- apples (central Asia)
- pears (central Asia)

Survival Crops

The Resilient Gardener: Food Production and Self-Reliance in Uncertain Times - Including the Five Crops You Need to Survive and Thrive - **Potatoes, Corn, Beans, Squash, and Eggs** by Carol Deppe. White River Junction, VT: Chelsea Green Publishing, 2010.

Easy Annuals to Grow to Beautify Your Vegetable Garden

These annuals are easy to grow from seed and all hail from the warmer parts of North America. If you choose varieties with long stems, these plants will make good plants for cutting fresh flowers.

Floss-flower (*Ageratum Houstonianum*) - Mexico
Sunflower (*Helianthus Annus*) - North America
Black-eyed Susan (*Rudbeckia* spp. - Some varieties are annuals) - North America
Sage or Salivias (*Salvia* species) - Texas
Texas Sage (*Salvia greggii*) - Texas, Mexico
Victoria or Mealy Cup Sage (*Salvia farinacea*) - Texas, Mexico
Genian Sage (*Salvia patens*) - Mexico
Marigold (*Tagetes* hybrids) - Mexico
Mexican Sunflower (*Tithonia rotundifolia*) - Mexico
Zinnias (*zinnias* species) - Mexico
Cosmos *atrosanguineus* - 'Chocolate cosmos' - Mexico
Cosmos *bipinnatus* - tall cosmos - Mexico
Cosmos *sulphureus* - Sulphur Cosmos - Central America
California Poppies (*Eschscholzia californica*) - California
Fragrant Hyssop (*Agastache foeniculum*)
Tall Bellflower (*Campanula americana*) - New York to Florida
Partridge Pea (*Cassia fasciculata*) one of the few native annuals, native north to zone 4

High Value Veggies

The book Square Food Gardening: High Value Veggies by Mel Bartholomew, 59 vegetables (including herbs) ranked by which plants give the most, "bang for your buck". The list includes:

High-Value

10 most beautiful edibles for an ornamental garden

10 best vegetables for a child's garden

10 best vegetables for containers

10 best edible flowers

10 best edibles for shady gardens

The Best Tasting Herbs

In the VBG Cookbook by Mark Bittman, the author lists the best tasting dried herbs and fate best tasting fresh herbs.

Good Tasting Dried Herbs

- Dill
- Oregano

- Majoram
- Sage
- Rosemary
- Thyme
- Chili powder (can be grow and ground form cayenne peppers)
- Mustard seeds (can be grow from the mustard plant)

Good Tasting Fresh Herbs - Mild tasting use up to one cup

- Cilantro
- Basil (annual)
- Parsley
- Mint
- Dill
- Chervil
- Chives

Intense Tasting - start with no more that one tablespoon of leaves form fresh herbs

- Oregano
- Sage
- Marjoram
- Rosemary
- Tarragon
- Thyme
- Lavender