

China -Temperate**East Asia**

1. soybeans
2. cucumber
3. peaches & apricots
4. tea
5. persimmon
6. buckwheat
7. mulberry
8. orange
9. litchi, etc.
10. kiwi
11. camphor
12. tung (oil)
13. lotus root
14. bamboo shoots

Tropical Asia (incl.**India,****Indo- Malaysia)**

1. rice
2. eggplant
3. cane sugar
4. black (& white) pepper
5. ginger
6. galanga (laos; kha)
7. cinnamon & cassia
8. nutmeg & mace
9. cardamom
10. banana
11. coconut
12. breadfruit & jackfruit
13. yam
14. mango
15. lime
16. bitter melon
17. star fruit/carambola

18. loquat
19. pigeon pea
20. taro, etc.
21. turmeric
22. cotton (oil)
23. water chestnut
24. kumquat
25. durian
26. snake gourd
27. lemon grass
28. star anise
29. kari leaf

Central Asia

1. wheat
2. peas
3. lentils
4. apples
5. cherry
6. almond
7. plum
8. grapes
9. onion
10. garlic
11. carrot
12. chervil
13. parsnip
14. pear
15. radish
16. spinach
17. pistacio
18. tarragon
19. hemp

Near East

1. rye
2. oats
3. alfalfa
4. fig

5. flax (& linseed)
6. hazelnut
7. lentil
8. melon
9. quince
10. pomegranate
11. safflower
12. fenugreek
13. cress
14. asafoetida

Europe (incl. Mediterranean)

1. olives
2. celery
3. beets/chard
4. walnuts
5. cabbage et al.
6. lettuce
7. asparagus
8. carob
9. leek
10. date
11. fava beans
12. artichoke & cardoon
13. arugula
14. angelica
15. anise
16. basil
17. bay leaf
18. caper
19. caraway
20. chamomile
21. coriander
22. cumin
23. fennel
24. horseradish
25. licorice
26. lovage

27. marjoram
28. mint(s)
29. mustard
30. oregano
31. parsley
32. poppy seed
33. rape seed
34. rosemary
35. saffron
36. sage
37. savory
38. thyme
39. chestnut
40. chicory/endive
41. water cress
42. rhubarb
43. sorrel

**Mexico and
Mesoamerica**

1. cacao
2. corn
3. chiles
4. cherry tomatoes
5. tomatillo
6. avocado
7. common beans
8. lima bean
9. cotton
10. squash
11. chayote
12. papaya
13. cherimoya/soursop,
etc.
14. allspice
15. paprika
16. vanilla
17. jicama/yam bean
18. Barbados cherry

19. ceriman

Africa

1. coffee
2. barley
3. okra
4. millet
5. sorghum
6. watermelon
7. chickpea
8. black-eyed pea
(cowpea)
9. sesame
10. castor (oil)
11. tamarind
12. yam
13. palm oil
14. cola
15. akee

North America

1. pecans
2. blueberries
3. wild rice
4. sugar maple
5. sunflower &
jerusalem artichoke
6. black walnut
7. cranberry
8. sassafras/file

South America

1. potatoes
2. sweet potato
3. cassava/yuca/manioc
4. tomatoes
5. peanut
6. pineapple
7. strawberry
8. pumpkin

9. cashew
10. quinoa
11. brazil nuts
12. passion fruit
13. guava
14. annato
15. yam
16. ulluco
17. oca
18. ysaño
19. mate
20. angostura
21. guarana

Australia

1. macadamia

Fiji, etc.

1. kava

**Multiple areas (or
different species)**

1. pine nuts
2. raspberries, etc.
3. blackberries, etc.
4. gooseberries
5. elderberry
6. currants
7. hops (1 sp.,
widespread)
8. juniper (1 sp.,
widespread)