

T.K. Lim

# Edible Medicinal and Non-Medicinal Plants

Volume 9,  
Modified Stems, Roots, Bulbs

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 Springer

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## Introduction

This book continues as volume nine of a multi-compendium on *Edible Medicinal and Non Medicinal Plants*. It covers such plants with edible modified storage subterranean stems (corms, rhizomes, stem tubers) and unmodified subterranean stem stolons, above-ground swollen stems and hypocotyls, storage roots (taproot, lateral roots, root tubers) and bulbs that are eaten as conventional or functional food as vegetables and spices, as herbal teas, and may provide a source of food additive or nutraceuticals. A list of such edible plant species from families: Acanthaceae to Zygophyllaceae are presented in a tabular form (Table 1) and 32 such edible species from the families Alismataceae, Amaryllidaceae, Apiaceae, Araceae, Araliaceae, Asparagaceae, Asteraceae, Basellaceae, Brassicaceae and Campanulaceae are covered in detail in separate chapters. Other such edible species in the families: Amaranthaceae, Cannaceae, Cibotiaceae, Convolvulaceae, Cyperaceae, Dioscoreaceae, Euphorbiaceae, Fabaceae, Iridaceae, Lamiaceae, Marantaceae, Nelumbonaceae, Nyctaginaceae, Nymphaeaceae, Onagraceae, Orchidaceae, Oxalidaceae, Piperaceae, Poaceae, Rubiaceae, Simaroubaceae, Solanaceae, Tropaeolaceae, Typhaceae and Zingiberaceae will be covered in detail in the next volume. Many plants with such edible plant parts that are better known for their edible fruits or flowers have been covered in earlier volumes and for those better known for other nonreproductive plant parts will be covered in latter volumes.

As in the preceding eight volumes, topics covered include taxonomy (botanical name and synonyms), common English and vernacular names, origin and distribution, agro-ecological requirements, edible plant part and uses, plant botany, nutritive and medicinal/pharmacological properties with up-to-date research findings, traditional medicinal uses, other non-edible uses and selected/cited references for further reading.

A corm or bulbotuber is defined as a short, vertical, swollen, underground plant stem that serves as a storage organ used by some plants to survive unfavourable adverse periods. It bears membranous or scaly leaves and buds. Some examples of plants with edible corms are found in *Amorphophallus* spp., *Colocasia esculenta* (taro), *Eleocharis dulcis* (Chinese water chestnut), *Sagittaria* spp. (arrowhead or wapato) and *Xanthosoma* spp. (cocoyam or tannia). Corms often give rise to many small secondary corms or cormlet called cormels at the end of very short stolons.

Rhizome is a modified subterranean stem of a plant that is usually found underground, producing roots and shoots. It is used by the plant as storage organ, and whole rhizome or pieces of the rhizome serve as vegetative propagules to give rise to new plants. Examples of plants with edible rhizomes include gingers (*Zingiber* spp.), turmeric (*Cucurma longa*), greater galangal (*Alpinia galanga*), lesser galangal (*Alpinia officinarum*), sand ginger or kencur (*Kaempferia galanga*), lotus root (*Nelumbo nucifera*), *Typha* spp.,

**Table 1** Plants with edible modified stems, roots and bulbs

Scientific name	Family	Common/vernacular names	Edible part use	Reference
<i>Abelmoschus crinitus</i> Wall.	Malvaceae	Hairy Okra	Tuberous taproots are edible	Groen et al. (1996)
<i>Abelmoschus ficulneus</i> (L.) Wight & Arn.	Malvaceae	White Wild Musk Mallow, Native Rosella	Underground taproot is eaten	Cribb and Cribb (1987) and Facciola (1990)
<i>Abelmoschus manihot</i> (L.) Med.	Malvaceae	Sunset Muskmallow, Sunset Hibiscus, Hibiscus Manihot, Aibika; Qiu kui (Chinese)	Taproots are boiled with pork in broth	Hu (2005)
<i>Abelmoschus moschatus</i> Medik.	Malvaceae	Bush Carrot	Underground taproot is eaten	Cribb and Cribb (1982, 1987) and Facciola (1990)
<i>Abronia latifolia</i> Eschsch.	Nyctaginaceae	Yellow Sand Verbena	Root is edible	Yanovsky (1936) and Facciola (1990)
<i>Abuta platyphylla</i> , Mart. ex Eichler	Menispermaceae	Videira Silvestre, Uva Do Apa, Parreira Brava	Brazil (northeast): a flour is extracted from the root starch	De Castro (1952)
<i>Acacia bidwillii</i> Benth.	Fabaceae	Corkwood Wattle	Young roots are cooked as food by the aborigines	Cribb and Cribb (1982, 1987)
<i>Acacia crassicaarpa</i> Benth.	Fabaceae	Northern Wattle, Thick-Podded Salwood, Brown Salwood, Papua New Guinea Red Wattle, Red Wattle	As above	Cribb and Cribb (1982, 1987)
<i>Acacia holosericea</i> G. Don	Fabaceae	Silver Leaf Wattle	As above	Cribb and Cribb (1987)
<i>Achasma loroglossum</i> (Gagnep) K. Larsen	Zingiberaceae	Karphul, Gandh Tora (Assamese)	Aromatic rhizomes are eaten fresh or with betel nut or as masticatory. Small bits are added in curries for flavour	Patri and Borah (2007)
<i>Acianthus collinus</i> D.L. Jones = <i>Acianthus fornicatus</i> R. Br.	Orchidaceae	Mountain Giant Orchid	Tuber is edible	Harden (1993)
<i>Acianthus apprimus</i> D.L. Jones = <i>Acianthus fornicatus</i> R. Br.	Orchidaceae	Pixie Caps, Mosquito Orchid, Mayfly Orchids	Tuber is edible	Harden (1993)
<i>Acianthus exsertus</i> R. Br.	Orchidaceae	Mosquito Orchid	Tuber is edible	Harden (1993)
<i>Acianthus fornicatus</i> R. Br.	Orchidaceae	Pixie Caps, Mosquito Orchid, Mayfly Orchids	Tuber is edible	Harden (1993)
<i>Acianthus pusillus</i> D.L. Jones = <i>Acianthus exsertus</i> R. Br.	Orchidaceae	Gnat Orchid, Mosquito Orchid	Tuber is edible	Harden (1993)
<i>Acianthus</i> sp.	Orchidaceae	Pixie Caps	Tubers are eaten by aborigines	Cribb and Cribb (1987)
<i>Aciphylla squarrosa</i> J.R. Forst. & G. Forst.	Apiaceae	Common Speargrass	Roots are edible	Facciola (1990)

<i>Aconitum carmichaelii</i> Debeaux	Ranunculaceae	Sichuan Aconite, Bai Fu Pian (Chinese)	Young tubers are used as tonic in broth with chicken especially for the elderly	Hu (2005)
<i>Acorus calamus</i> L.	Araceae	Calamus, Sweet Flag, Sweet Myrtle, Myrtle Sedge, Sweet Root, Beewort	Starch-rich rhizome is peeled and washed to remove acrid element before consumption; rootstock is candied, chewed as ginger substitute and to sweeten the breath	Read (1946), Burkill (1966), Uphof (1968), Morton (1976), Gibbons and Tucker (1979), Fernald et al. (1958), and Facciola (1990)
<i>Acorus gramineus</i> Aiton	Araceae	Grass-Leaved Sweet Flag, Japanese Sweet Flag, Japanese Rush	Rhizome after peeling and washing is eaten fried or oil roasted, also used as flavouring	Hedrick (1972), Tanaka (1976), and Facciola (1990)
<i>Acrostichum speciosum</i> Willd.	Pteridaceae	Mangrove Fern	Starch-rich underground stem is eaten	Cribb and Cribb (1987) and Low (1989)
<i>Adansonia digitata</i> L.	Malvaceae	Baobab, Dead-Rat Tree, Bottle Tree, Monkey-Bread Tree	Tuberous roots are edible	Facciola (1990), Sidibe and Williams (2002), and Lim (2012a)
<i>Adansonia gregorii</i> F. Muell.	Malvaceae	Baobab, Bottle Tree, Monkey Fruit Tree, Cream of Tartar Tree, Sour Gourd Tree and Upside-Down Tree	Tuberous roots are edible	Johnson et al. (2002, 2006) and Lim (2012a)
<i>Adenochilus nortonii</i> Fitzg.	Orchidaceae	Creeping Fairy Orchid	Tubers are edible	Harden (1993)
<i>Adenophora polymorpha</i> var. <i>latifolia</i> (Fisch.) Herder	Campanulaceae	Bluebell	In China, root is boiled in two changes of water and eaten	Read (1946)
<i>Adenophora remotiflora</i> (Siebold & Zucc.) Miq.	Campanulaceae	Panicled Lady Bells	As above	Read (1946)
<i>Adenophora stricta</i> Miq.	Campanulaceae	Sha Shen (Chinese), Ladybells	As above	Read (1946)
<i>Adenophora tetraphylla</i> (Thunb.) Fisch. = <i>Adenophora triphylla</i> (Thunb.) A. DC.	Campanulaceae	Ladybell Root, Nan Sha Shen (Chinese)	Fusiform taproot is dried, used with Chinese jujubes, lotus rhizome and pork chops with bones for soup	Hu (2005)
<i>Adenophora triphylla</i> (Thunb.) A. DC.	Campanulaceae	Ladybell Root	As above	Codex (2014)
<i>Adenophora verticillata</i> Fisch. = <i>Adenophora triphylla</i> (Thunb.) A. DC.	Campanulaceae	As above	As above	Read (1946) and Uphof (1968)
<i>Adhatoda zeylanica</i> Medik. = <i>Justicia adhatoda</i> L.	Acanthaceae	Jok An Kelok (Assamese)	Root is eaten in Karbi, Assam	Kar and Borthakur (2008)
<i>Agave utahensis</i> Engelm.	Asparagaceae	Utah Agave	Roots are edible	Gibbons and Tucker (1979) and Facciola (1990)

(continued)

Table 1 (continued)

<i>Agropyron repens</i> (L.) P. Beauv. = <i>Elymus repens</i> (L.) Gould	Poaceae	English Couch, Quick Grass	Roots are ground into a meal and used to make bread	Cribb and Cribb (1987)
<i>Alisma plantago-aquatica</i> L.	Alismataceae	European Water Plantain, Water Plantain, Devil's Spoons, Devil's Spoons	Roots are edible	Gibbons and Tucker (1979), Fernald et al. (1958), and Facciola (1990)
<i>Allium altaicum</i> Pall.	Amaryllidaceae	Altai Onion	Bulb is used as spice	Seidemann (2005)
<i>Allium ampeloprasum</i> cv. group Leek	Amaryllidaceae	Leek	Pseudostem/bulb is eaten, boiled, braised or blanched	Sulistiorini and van der Meer (1994)
<i>Allium ampeloprasum</i> L.	Amaryllidaceae	Leek	Pseudostem/bulb is eaten, boiled, braised or blanched and served with a white sauce or cheese dressing	Hu (2005), Seidemann (2005), and van Wyk (2006)
<i>Allium angolense</i> Baker = <i>Allium cepa</i> L.	Amaryllidaceae	African Onion, African Shallot	Bulb is used as spice	Seidemann (2005)
<i>Allium angulosum</i> L.	Amaryllidaceae	Edged Garlic	Bulb is used as spice	Seidemann (2005)
<i>Allium ascalonium</i> L.	Amaryllidaceae	Shallot	Bulbs are eaten	Hu (2005), Seidemann (2005), and Walter and Lebot (2007)
<i>Allium canadense</i> L.	Amaryllidaceae	Canada Onion, American Wild Onion	Bulb is used as spice	Seidemann (2005)
<i>Allium carinatum</i> L.	Amaryllidaceae	Keeled Garlic	Bulb is used as spice	Seidemann (2005)
<i>Allium cepa</i> L.	Amaryllidaceae	Onion, Common Onion	Bulbs are eaten chopped, sliced dice, fresh or cooked, sautéed, stewed, fried and roasted or in soups, sauces, curries, sauces or with meat dishes	Phillips and Rix (1993), Hu (2005), Seidemann (2005), van Wyk (2006), Walter and Lebot (2007), and Santich et al. (2008)
<i>Allium cepa</i> L. cv. group Common Onion	Amaryllidaceae	Onion, Common Onion	As above	Van der meer and Leong (1994)
<i>Allium cepa</i> L. cv. group Aggregatum	Amaryllidaceae	Shallots, Multiplier Onion, Echalote	Bulb is used as food, spice and seasoning	Permadi and van der Meer (1994)
<i>Allium chinense</i> G. Don	Amaryllidaceae	Chinese Shallot, Rakyok Lokyo	Bulb is eaten, pickled or served as salted sour preserves or sweets	van der meer and Agustina (1994), Hu (2005), and Seidemann (2005)
<i>Allium chrysanthum</i> Regel	Amaryllidaceae	Wild Onion, Tain Cong (Chinese)	Whole plant including the oblong cylindrical bulb is eaten	Hu (2005)
<i>Allium consanguineum</i> Kunth	Amaryllidaceae	None	Bulb is used as spice	Seidemann (2005)
<i>Allium fistulosum</i> L.	Amaryllidaceae	Welsh Onion, Bunching Onion, Scallion	Pseudostem and leaves are used in Asian cooking, in salads, stir-fries, noodles, soups, spring rolls and salads	Phillips and Rix (1993), Oyen and Soenoadji (1994), Hu (2005), van Wyk (2006), and Santich et al. (2008)

<i>Allium hookeri</i> Thwaites	Amaryllidaceae	Broad-Leaved Leek, Kuan Ye Jiu (Chinese)	Fleshy roots are eaten in Yunnan	Hu (2005)
<i>Allium ledebourianum</i> Schult. & Schult.f.	Amaryllidaceae	Tartar Scallion, Xiao Cong (Chinese)	Whole plant including ovoid bulb is eaten	Hu (2005)
<i>Allium lineare</i> L.	Amaryllidaceae	Northern Leek, Thread Onion, Bei Jiu (Chinese)	Young plant with small bulb is eaten	Hu (2005)
<i>Allium macrostemon</i> Bunge	Amaryllidaceae	Chinese Field Garlic, Xiao Suan (Chinese)	Young plant with fleshy subglobose or ovoid bulb is eaten	Hu (2005)
<i>Allium moly</i> L.	Amaryllidaceae	Lily Leek, Moly, Yellow Onion	Bulb is used as spice	Seidemann (2005)
<i>Allium mongolicum</i> Regel	Amaryllidaceae	Mongolian Leek, She Cong (Chinese)	Young plant with bulb is eaten	Hu (2005)
<i>Allium neapolitanum</i> Cirillo	Amaryllidaceae	Daffodil Garlic, Naples Garlic, False Garlic, Neapolitan Garlic	Bulb is used as spice/condiment	Seidemann (2005)
<i>Allium obliquum</i> L.	Amaryllidaceae	Oblique Garlic	Bulb is used as spice	Seidemann (2005)
<i>Allium oleraceum</i> L.	Amaryllidaceae	Field Garlic	Bulb is used as spice	Seidemann (2005)
<i>Allium oschaninii</i> O. Fedtsch.	Amaryllidaceae	Oschanin-Zwiebel (German)	Bulb is used as spice	Seidemann (2005)
<i>Allium paradoxum</i> (M. Bieb.) G. Don	Amaryllidaceae	Few-Flowered Leek	Bulb is used as spice	Seidemann (2005)
<i>Allium porrum</i> L.	Amaryllidaceae	Leek	When braised or slow roasted, the white bulb takes on a buttery texture, excellent additions to meat and chicken, also excellent in stir-fries with seafood and in soups	Phillips and Rix (1993), Seidemann (2005), and Santich et al. (2008)
<i>Allium x proliferum</i> (Moench) Schrad. ex Willd.	Amaryllidaceae	Egyptians, Catawissa Onion, Top Onion, Tree Onion	Bulb is used as spice	Seidemann (2005)
<i>Allium pskemense</i> B. Fedtsch.	Amaryllidaceae	Pskemense-Zwiebel (German)	Bulb is used as spice	Seidemann (2005)
<i>Allium sativum</i> L.	Amaryllidaceae	Garlic	Bulbs are eaten raw in dressings, salads, marinades and sauces. Pickled garlic is used as condiments and as ingredient for other dishes. Cooked garlic is used as flavouring agent in soups, stir-fries, stews, vegetables, meat and seafood dishes and noodles	Phillips and Rix (1993), van der Meer and Permadi (1994), Hu (2005), van Wyk (2006), Walter and Lebot (2007), and Santich et al. (2008)

(continued)



**Table 1** (continued)

<i>Allium sativum</i> L. var. <i>ophioscorodon</i> (Link) Döll = <i>Allium sativum</i> L.	Amaryllidaceae	Rocambole, Giant Garlic, Serpent Garlic	Bulb is used as spice	Seidemmann (2005)
<i>Allium schoenoprasum</i> L.	Amaryllidaceae	Garden Chives	Narrow bulbs and leaves are edible	Phillips and Rix (1993) and van Wyk (2006)
<i>Allium senescens</i> L.	Amaryllidaceae	German Garlic	Young bulb and leaves are eaten	Hu (2005)
<i>Allium tricoccum</i> Aiton	Amaryllidaceae	Wild Leek	Young bulbs are sweet and flavoursome, eaten raw or cooked by native Indians	Saunders (1920)
<i>Allium tuberosum</i> Rottler ex Sprengel	Amaryllidaceae	Chinese Leek	Insignificant small bulbs are seldom used; leaves and flower buds and stalks are commonly used	Phillips and Rix (1993), van der Meer (1994), Hu (2005), and van Wyk (2006)
<i>Allium victorialis</i> L.	Amaryllidaceae	Wild Onion, Ge Cong (Chinese)	Leaves and cylindrical bulbs are eaten	Hu (2005)
<i>Alocasia acuminata</i> Schott	Araceae	Kochu (Assamese), Thaso (Bodo), Ange (Mishing)	Young shoots, tender leaves and corms are eaten, cooked mostly with acidic fruit	Patiri and Borah (2007)
<i>Alocasia cucullata</i> (Lour.) G. Don	Araceae	Panchamukhi Kochu, Boga Kachu (Assamese)	Corm, cormel and stem are eaten as vegetable. Chips can also be prepared from it	Burkill (1966), Groen et al. (1996), and Patiri and Borah (2007)
<i>Alocasia formicata</i> (Roxb.) Schott	Araceae	Bez Kachu, Bees Kachu (Assamese and Bengali)	Petioles and corms are eaten cooked with much acidic fruit like 'Thekera' or tamarind	Patiri and Borah (2007)
<i>Alocasia indica</i> (Lour.) Spach = <i>Alocasia macrorrhiza</i> (L.) G. Don	Araceae	Giant Alocasia Kachu (Assamese and Bengali)	Corm and shoots are eaten cooked by many communities with acidic fruits in Assam. It can also be preserved by slicing and drying for later use	Patiri and Borah (2007) and Codex (2014)
<i>Alocasia macrorrhiza</i> (L.) G. Don	Araceae	Alocasia, Cunjevoi, Henchala (Assamese)	Stem and corm are baked and pounded by aborigines in Australia. Corm is eaten in Karbi, Assam	Cribb and Cribb (1982, 1987), Low (1989), Phillips and Rix (1993), Groen et al. (1996), Walter and Lebot (2007), Kar and Borthakur (2008), and Codex (2014)
<i>Alocasia portiei</i> Schott	Araceae	Elephant Ear, Badiang (Bikol, Philippines)	Corm, cormel and petiole are eaten as vegetable	Groen et al. (1996)
<i>Alpinia calcarata</i> (Haw.) Roscoe	Zingiberaceae	Indian Ginger, Snap Ginger	Rhizome is used as galangal substitute	Seidemmann (2005)

<i>Alpinia caerulea</i> (R. Br.) Benth.	Zingiberaceae	Australian Blue Ginger, Native Ginger	Young rhizome is eaten raw or cooked	Cribb and Cribb (1987), Facciola (1990), Seidemann (2005)
<i>Alpinia conchigera</i> Griff.	Zingiberaceae	Lesser Alpinia, Mussel Galangal; Lengkuas Ranting (Malay); Riêng Rùng (Vietnamese)	Rhizome is used as food flavouring and flavouring of alcoholic drinks	Perry (1980), Wong et al. (2005), Seidemann (2005), and Faridah et al. (2010)
<i>Alpinia galanga</i> (Linn) Willd.	Zingiberaceae	Galangal, Greater Galangal; Languas, Lenguas (Indonesia, Malaysia); Phrikgnok (Assamese); Riêng Nép (Vietnamese)	Rhizomes are used as spice fresh or cooked in everyday cooking, in curries and meat dishes. Essential oil extract from rhizome is used to flavour liqueurs, ice cream, pastry, etc. Rhizome is eaten in Karbi, Assam, India. In Indonesia, young rhizomes are sliced and used in side dishes as sayur or sambal, and the juice is used in the preparation of <i>dengdeng</i>	Watt (1908), Ochse and van den Brink (1980), Scheffer and Jansen (1999), Seidemann (2005), van Wyk (2006), and Kar and Borthakur (2008)
<i>Alpinia latilabris</i> Ridl.	Zingiberaceae	Ry (Vietnamese)	Rhizome is used as food flavouring. In Vietnam, bitter rhizome is used as spice	Wong et al. (2005) and Tanaka and Nguyen (2007)
<i>Alpinia malaccensis</i> (Burm.f.) Roscoe	Zingiberaceae	Malacca Galangal; Riêng Malacca (Vietnamese)	Rhizome is used as spice	Burkill (1966), Kashio and Johnson (2001), Seidemann (2005), and Sirat et al. (2011)
<i>Alpinia nigra</i> (Gaertn.) Burt	Zingiberaceae	Tora (Assamese), Tareng (Mishing), Tharai (Bodo)	Young shoots and rhizomes are eaten either raw or cooked	Patiri and Borah (2007)
<i>Alpinia officinarum</i> Hance	Zingiberaceae	Lesser Galangal, Smaller Galangal, Chinese Ginger; Riêng Thuoc (Vietnamese)	Rhizome is used as spice for flavouring	Ly et al. (2003) and Seidemann (2005)
<i>Alpinia zerumber</i> (Pers.) B.L. Burt & R.M. Sm.	Zingiberaceae	Bright Ginger, Pink Porcelain Lily, Light Ginger; Riêng Đệp, Riêng ẩm (Vietnamese)	Rhizome is edible, used as spice for flavouring	Seidemann (2005)
<i>Astonia acuminata</i> Miq. = <i>Astonia macrophylla</i> Wall. ex G. Don	Apocynaceae	Ajooras, Poole Bato	Root is used to add bitterness to palm toddy	Burkill (1966) and Seidemann (2005)
<i>Althaea officinalis</i> L.	Malvaceae	Marshmallow, Marsh Mallow, Common Marshmallow	Roots are boiled, sliced and fried with onion. Root decoction is used as substitute for egg white in meringue or chiffon pies	Uphof (1968), Hedrick (1972), Gibbons and Tucker (1979), and Facciola (1990)

(continued)

Table 1 (continued)

<i>Ammobroma sonora</i> Torr. ex A. Gray = <i>Pholisma sonora</i> (Torr. ex A. Gray) Yatsk.	Boraginaceae	Sand Food, Camote De Los Medanos	The subterranean stem is tender, juicy and sweet – a refreshing and luscious morsel, meat and drink in one	Saunders (1920)
<i>Amorphophallus campanulatus</i> Decne. = <i>Amorphophallus paeoniifolius</i> (Dennst.) Nicolson	Araceae	Elephant Foot Yam; Kurruna Kalungu (Tamil); Konda, Muncha Kunda (Telugu)	Corms are eaten after being cooked or baked in India (Madras Presidency)	Shortt (1887–1888), Burkhill (1966), Facciola (1990), Phillips and Rix (1993), Walter and Lebot (2007), and Codex (2014)
<i>Amorphophallus aphyllus</i> (Hook.) Hutch.	Araceae	Bombole (Kissi, Guinea), Baga (Mandingo–Bambara, Mali)	Sudan (western): corms are dried and then boiled to remove the acrid element, eaten in times of scarcity by the Wolof people of the Cayor region	Irvine (1952)
<i>Amorphophallus bulbifer</i> (Roxb.) Blume	Araceae	Hen Salku (Assamese)	Corm is eaten in Karbi, Assam	Kar and Borthakur (2008)
<i>Amorphophallus consimilis</i> Blume	Araceae	Apaty (Basari), Gingi (Bedik)	In Senegal and Guinea, corms are eaten	Ferry et al. (1974)
<i>Amorphophallus draconitoides</i> (Engl.) N.E. Br.	Araceae	Kinciyyar (Hausa)	Africa (west): corms are eaten after being cut up, repeatedly washed and boiled for 1 or 2 days. Nigeria (Kano State, northern): tuber is eaten, requires 2-day boiling to detoxify	Irvine (1952) and Mortimore (1989)
<i>Amorphophallus galbra</i> F.M. Bailey	Araceae	Cheeky Yam, Queensland Yellow Lily Yam, Sweet Snakeskin Lily	Corms are grated, pounded, soaked and baked	Cribb and Cribb (1987) and Low (1989)
<i>Amorphophallus glabra</i> F.M. Bailey = <i>Amorphophallus galbra</i> F.M. Bailey	Araceae	As above	Corms are eaten	Roth (1901)
<i>Amorphophallus konjac</i> K. Koch	Araceae	Elephant Foot Yam	Corms are eaten	Jansen et al. (1996) and Codex (2014)
<i>Amorphophallus mairei</i> H. Lev. = <i>Amorphophallus konjac</i> K. Koch	Araceae	Elephant Foot Yam	Corms are eaten in Yunnan and Laos	Hu (2005)
<i>Amorphophallus muelleri</i> Blume	Araceae	Elephant Foot Yam	Corms are edible	Jansen et al. (1996)
<i>Amorphophallus paeoniifolius</i> (Dennst.) Nicolson	Araceae	Elephant Foot Yam	Corms are edible	Wightman and Andrews (1989, 1991), Jansen et al. (1996), and Codex (2014)
<i>Amorphophallus rivieri</i> Durand ex Carrière = <i>Amorphophallus konjac</i> K. Koch	Araceae	Devil's Tongue, Leopard Palm, Snake Palm, Mo Yu (Chinese)	China: corm is ground and processed into a rich starch used for making a jelly-like food	Hu (2005)

<i>Amporphallus sylvaticus</i> Kunth	Araceae	Elephant Foot Yam	In India (Deccan), corms and leaves are eaten	Watt (1908)
<i>Amporphallus variabilis</i> Blume	Araceae	Elephant Foot Yam	Corms are eaten	Cribb and Cribb (1987), Burkhill (1966), Facciola (1990), and Jansen et al. (1996)
<i>Ampelocissus acetosa</i> (F. Muell.) Planch.	Vitaceae	Native Grape	Underground root is eaten	Cribb and Cribb (1987)
<i>Anilema siliculosum</i> R. Br.	Commelinaceae	Djni (Abor., Australia)	Roots are eaten raw and roasted	Cribb and Cribb (1987)
<i>Anemarrhena asphodeloides</i> Bunge	Asparagaceae	Zhi Mu (Chinese)	China: root is eaten	Read (1946)
<i>Angelica atropurpurea</i> L.	Apiaceae	Great Angelica, Purple-Stem Angelica	Roots are candied	Morton (1976), Fernald et al. (1958), and Facciola (1990)
<i>Angelica sinensis</i> (Oliv.) Diels	Apiaceae	Chinese Angelica, Dang Gui (Chinese)	Root slices are used in broth, soups with Chinese dates, goji berries, laminaria and chicken or pork as health food especially for women	Hu (2005)
<i>Angiopteris exculenta</i> Ching	Marattiaceae	Shi Yong Lian Zuo Jue (Chinese)	Starch extracted from rhizome is made into cakes or mixed with other foods	Cui (1998), Dai et al. (2003), and Cao et al. (2007)
<i>Angiopteris fokiensis</i> Hieron.	Marattiaceae	Fu Jian Lian Zuo Jue (Chinese)	As above	Cui (1998), Dai et al. (2003), Cao et al. (2007), and Yun et al. (2009a)
<i>Anigozanthos flavidus</i> DC.	Haemodoraceae	Kangaroo Paw	Rhizomes are edible	Cribb and Cribb (1987)
<i>Anigozanthos</i> spp.	Haemodoraceae	Kangaroo Paws	Rhizomes are edible	Cribb and Cribb (1987) and Low (1989)
<i>Anredera baselloides</i> (Kunth) Baill.	Basellaceae	Madeira Vine, Luo Kui Shu (Chinese)	Fresh tubers are eaten	Hu (2005) and Codex (2014)
<i>Anredera cordifolia</i> (Ten.) Steenis	Basellaceae	Madeira Vine, Lamb's Tail	Tubers are eaten boiled like potatoes	Uphof (1968), Tanaka (1976), Cribb and Cribb (1987), Facciola (1990), and Codex (2014)
<i>Anthriscus cerefolium</i> (L.) Hoffm.	Apiaceae	Chervil, Garden Chervil	Roots are eaten	Hedrick (1972), Morton (1976), and Facciola (1990)
<i>Anthriscus nemorosa</i> (M. Bieb.) Spreng.	Apiaceae	Woodland Chervil, Lin Di-E-Shen (Chinese)	Roots are used as pickles by Chinese-Koreans	Hu (2005)
<i>Anthriscus sylvestris</i> (L.) Hoffm.	Apiaceae	Cow Parsley, Wild Chervil, Wild Beaked Parsley	Roots are eaten	Facciola (1990)

(continued)

Table 1 (continued)

<i>Antigonon leptopus</i> (Hook. & Arm.)	Polygonaceae	Coral Vine, Honolulu Creeper, Mexican Creeper, Bride's Tears, Chain-Of-Love, Hearts On A Chain, Love-Vine	Tubers are cooked and eaten	Uphof (1968), Williams (1981), Pongpanan and Poobrasert (1985), Facciola (1990), and Lim (2014)
<i>Anitotrema dumianum</i> (Diels) Handel-Mazz.	Boraginaceae	Chang Rui Ban Zhong Cao (Chinese)	Roots are eaten by mountain people in Yunnan	Hu (2005)
<i>Apios americana</i> Medik.	Fabaceae (Leguminosae)	American Potato Bean	Tuberous roots are eaten raw or cooked	Facciola (1990), Phillips and Rix (1993), and Codex (2014)
<i>Apios fortunei</i> Maxim.	Fabaceae	Potato Bean, Groundnut	Thick tubers are eaten as emergency food in China	Read (1946) and Hu (2005)
<i>Apios tuberosa</i> Moench = <i>Apios americana</i> Medik.	Fabaceae	Groundnut, Wild Bean, Potato Bean, American Potato Bean, Indian Potato	Starchy tuber is eaten	Saunders (1920)
<i>Apium graveolens</i> Rapaceum Group	Apiaceae	Celeriac	Roots are sliced or grated and eaten raw in salads, braised, pureed, marinated, baked, mashed, cooked as vegetable and used in stews, fritters, soups and stuffings	Uphof (1968), Hedrick (1972), Halpin (1978), Facciola (1990), and Santich et al. (2008)
<i>Apium graveolens</i> L. var. <i>rapaceum</i> (Mill.) Gaudin	Apiaceae	Celeriac	As above	Codex (2014)
<i>Aplectrum hyemale</i> (Muhl. ex Willd.) Nutt.	Orchidaceae	Putty Root, Adam and Eve	Corn is boiled served with butter	Facciola (1990)
<i>Aponogeton distachyos</i> L.f.	Aponogetonaceae	Cape Asparagus, Water Onion, Water Hawthorn	Starchy root is eaten roasted in southern Africa	Hedrick (1972), Fox et al. (1982), and Facciola (1990)
<i>Aponogeton elongatus</i> F. Muell. ex Benth.	Aponogetonaceae	Queensland Lace Plant	Tuber is eaten cooked	Cribb and Cribb (1987)
<i>Aponogeton fenestratis</i> (Pers.) Hook.f. = <i>Aponogeton madagascariensis</i> (Mirb.) H. Bruggen	Aponogetonaceae	Madagascar Lace Leaf	Starchy tuber is eaten	Burkill (1966)
<i>Aponogeton lakhonensis</i> A. Camus	Aponogetonaceae	Sbai Mung (Kampuchean), Phakkkhuap (Thai)	Starchy tuberous rhizomes are eaten during famine	Groen et al. (1996)
<i>Aponogeton monostachyon</i> L.f. = <i>Aponogeton natans</i> (L.) Engl. & K. Krause	Aponogetonaceae	Kootee Kalungu (Tamil), Nama (Telugu)	In India (Madras Presidency), tubers are eaten after boiling	Shortt (1887–1888)

<i>Aponogeton queenslandicus</i> H. Bruggen	Aponogetonaceae	Laceleaf	Tuber is cooked	Cribb and Cribb (1987)
<i>Aponogeton undulatus</i> Roxb.	Aponogetonaceae	Undulated Leaf <i>Aponogeton</i>	Starchy tuberous rhizomes are eaten during famine	Groen et al. (1996)
<i>Aralia cordata</i> Thunb.	Araliaceae	Udo, Japanese Spikenard, Mountain Asparagus, Tu Dang Gui (Chinese)	Roots are eaten as parsnips	Hu (2005)
<i>Aralia racemosa</i> L.	Araliaceae	American Spikenard, Petty Morel	Roots are used as an ingredient of root beer. Menomonic Indians used roots in a dish with wild onion, wild gooseberry and sugar	Fernald et al. (1958) and Facciola (1990)
<i>Araucaria bidwillii</i> Hook.	Araucariaceae	Bunya Pine	Germinated seed produces an underground earthenut which has a coconut flavour	Menninger (1977), Cribb and Cribb (1987), and Facciola (1990)
<i>Arctium lappa</i> L.	Asteraceae	Great Burdock, Edible Burdock, Burdock, Gobo	China: roots and leaves are eaten. It may be eaten raw. France: starch of root is recommended for extending bread flour, after removal of bitter element. Grated root is added to soups and stews; slices or slivers are used in stir-fries	Read (1946), Facciola (1990), Phillips and Rix (1993), Van den Bergh (1994), Hu (2005), van Wyk (2006), and Codex (2014)
<i>Argyrolobium marginatum</i> Bolus	Fabaceae	Izi Ntondo (Zulu)	In Zululand (Ubombo district), roots are eaten cooked or uncooked	Hely-Hutchinson (1898)
<i>Arisaema curvatum</i> (Roxb.) Kunth = <i>Arisaema tortuosum</i> (Wall.) Schott	Araceae	Curved-Hood Cobra Lily	India: corns are eaten	Watt (1908)
<i>Arisaema concinnum</i> Schott	Araceae	Chinese Cobra Lily	Starchy corns are eaten	Burkill (1966) and Groen et al. 1996
<i>Arisaema murrayi</i> (J. Graham) Hook.	Araceae	Baddha, Dhudhda, Diwa (Bombay)	In India (Bombay Presidency), corns are cooked in water and mixed with salt and chilli peppers	Gammie (1902)
<i>Arisaema speciosum</i> (Wall.) Mart.	Araceae	Cobra Lily	Starchy corns are eaten	Burkill (1966) and Groen et al. (1996)
<i>Arisaema tortuosum</i> (Wall.) Schott	Araceae	Curved-Hood Cobra Lily	India: corns are cooked in water and mixed with salt and chilli peppers. Corns are eaten in Karbi, Assam	Gammie (1902) and Kar and Borthakur (2008)

(continued)

Table 1 (continued)

<i>Arisaema triphyllum</i> Torr. = <i>Arisaema triphyllum</i> (L.) Schott	Araceae	Jack-in-the-Pulpit	Small, turnip-shaped corm is eaten after thorough processing	Saunders (1920) and Facciola (1990)
<i>Arisarum simorhinum</i> Durieu	Araceae	Ouden El-Fil, Cebot El-Ghoul, Kelb El-Bequouqa, Rejel El Bagra (Berber); Tioughda, Tiqenousine, Quaba, Abbouq, Taourza, Aimi, Hierni, Idjened Tikilmout (Arabic, Tunisia)	In Tunisia, rootstock is gathered, dried, pulverised and mixed with the flour of barley or wheat	Bouquet (1939)
<i>Arisarum vulgare</i> O. Targ. Tozz.	Araceae	Friar's Cowl	As above	Bouquet (1939)
<i>Aristolochia rotunda</i> L.	Aristolochiaceae	Snakeroot, Smeawort, Round-Leaved Birthwort, English Mercury, Mercury Goosefoot	In France, starch of root is recommended as a famine food for extending bread flour, after removal of acrid elements	Parmentier (1781) (cited by Freedman 2009)
<i>Armoracia rusticana</i> P. Gaertn., B. Mey. & Scherb.	Brassicaceae	Horseradish	Roots with sharp mustard flavour, used as condiment with fish, sausages, poached chicken, egg salad, potato salad, dips, mustards, relishes, sauces, marinades, salad dressings and drinks, go well with beetroots, also dried, ground and mixed with vinegar, milk and seasoning to make horseradish sauce often used with beef	Facciola (1990), Phillips and Rix (1993), Nicols and Jansen (1999), Hu (2005), van Wyk (2006), Santich et al. (2008), and Codex (2014)
<i>Arracacia xanthorrhiza</i> Bancroft	Apiaceae	Arracacha, White Carrot, Peruvian Parsnip	Secondary tuber, starchy and sweet, is eaten boiled or fried	Facciola (1990), Groen et al. (1996), Hermann and Heller (1997), and Codex (2014)
<i>Artemisa brachyloba</i> Franch.	Asteraceae	Mongolian Sagebrush, Yan Hao (Chinese)	Roots are used in tea in Inner Mongolia	Hu (2005)
<i>Arthropodium milleflorum</i> (Dc.) J.F. Macbr.	Asparagaceae	Pale Vanilla Lily	Sweet-bitter tubers are eaten by aborigines	Cribb and Cribb (1987), Low (1991), and Harden (1993)
<i>Arthropodium minus</i> R. Br.	Asparagaceae	Vanilla Lilies	As above	Low (1991)
<i>Arum dracunculus</i> L. = <i>Dracunculus vulgaris</i> Schott	Araceae	Dragon Arum	France: starch of root is recommended as a famine food for extending bread flour, after removal of acrid element	Parmentier (1781) (cited by Freedman 2009)
<i>Arum incurvatum</i> Lam. = <i>Arisarum vulgare</i> subsp. <i>vulgare</i>	Araceae	Friar's Cowl, Larus	France: starch of root is recommended as a famine food for extending bread flour, after removal of acrid element	Parmentier (1781) (cited by Freedman 2009)

<i>Arum italicum</i> Mill.	Araceae	Italian Arum	Eaten in Tunisia (as for <i>Arisarum simorrhinum</i> )	Bouquet (1939)
<i>Arum lyratum</i> Roxb. = <i>Amorphophallus lyratus</i> (Roxb.) Kunth	Araceae	Kondai Rakis (Tamil), Konda Rakis (Telugu)	India (Madras Presidency): roots are eaten after careful boiling	Shortt (1887–1888) (cited by Freedman 2009)
<i>Arum maculatum</i> L.	Araceae	Snakeshead, Adder's Root, Arum, Wild Arum	Tunisia: as for <i>Arisarum simorrhinum</i>	Bouquet (1939)
<i>Arum vulgare</i> Lam. = <i>Arum maculatum</i> L.	Araceae	As above	France: starch of root is recommended as a famine food for extending bread flour, after removal of acrid element	Parmentier (1781) (cited by Freedman 2009)
<i>Asarum canadense</i> L.	Aristolochiaceae	Woodland Ginger, Ginger Root, Heart Snakeroot, Indian Ginger, American Wild Ginger	Rootstock is used as flavouring, boiled in syrup to form candied wild ginger. Syrup is used on ice cream and other desserts	Gibbons and Tucker (1979), Fernald et al. (1958), and Facciola (1990)
<i>Asarum caudatum</i> Lindl.	Aristolochiaceae	Long-Tailed Wild Ginger	Rootstock is used as ginger substitute	Uphof (1968) and Facciola 1990
<i>Asclepias speciosa</i> Torr.	Apocynaceae	Showy Milkweed	Roots are edible cooked	Fernald et al. (1958), Harrington (1974), and Facciola (1990)
<i>Asclepias tuberosa</i> L.	Apocynaceae	Butterfly Weed, Canada Root, Chieger Flower, Chiggerflower, Fluxroot, Indian Painbrush	Tubers are said to be edible; some say they are poisonous	Yanovsky (1936), Hedrick (1972), Fernald et al. (1958), Harrington (1974), and Facciola (1990)
<i>Asparagus cochinchinensis</i> (Lour.) Merr.	Asparagaceae	Chinese Asparagus Root, Tumpeang (Kampuchean)	Tubers are eaten candied	Tanaka (1976), Facciola (1990), and Groen et al. (1996)
<i>Asparagus pauli-guilelmi</i> Solms-Laub. = <i>Asparagus flagellaris</i> (Kunth) Baker	Asparagaceae	Hyena Thorn, G'e Fowru (Fulade)	Africa (west): the tubers of this wild variety are boiled and then eaten	Irvine (1952) and Uphof (1968)
<i>Asparagus racemosus</i> Willd.	Asparagaceae	Shatavari, Wild Asparagus, Sparrow Grass	India (Rajasthan, western): fasciculated roots are eaten as vegetable; tuberous roots are eaten candied in Indonesia and made into conserve in India	Gupta (1962), Gupta and Kanodia (1968a, b), and Groen et al. (1996)
<i>Asparagus sarmentosus</i> L.	Asparagaceae	Challa-Gaddahu, Kilavari, Pappakilangu (India)	Fleshy roots are eaten in India and Sri Lanka. In China they are candied	Watt (1908), Hedrick (1972), and Facciola (1990)
<i>Asphodeline lutea</i> (L.) Rchb.	Xanthorrhoeaceae	Asphodel, Flower of the Dead	Roots are roasted and eaten like potatoes	Hedrick (1972) and Facciola (1990)

(continued)



Table 1 (continued)

<i>Asphodelus albus</i> Mill.	Xanthorrhoeaceae	White Asphodel	In France, root is recommended as a famine food. After cooking and reducing to a pulp, it is suggested it be blended into a confection with barley and buckwheat flour	Parmentier (1781) (cited by Freedman 2009)
<i>Asphodelus fistulosus</i> L.	Xanthorrhoeaceae	Onion Weed, Pink Asphodel	France: root is recommended as a famine food. Prepared as above. India: tubers are eaten	Parmentier (1781) (cited by Freedman 2009); WATT
<i>Asplenium bulbiferum</i> G. Forst.	Aspleniaceae	Hen and Chicken Fern, Pikopiko	Roots are eaten	Kunkel (1984) and Facciola (1990)
<i>Asplenium unilateralis</i> Lam.	Aspleniaceae	Pamohe	Rhizome is used fresh in snacks and salads	Yun et al. (2009b)
<i>Astragalus fraxinifolius</i> DC.	Fabaceae	Astragal Yasenelstnyi (Russian)	Starch of root is recommended as a famine food for extending bread flour, after removal of bitter element	Parmentier (1781) (cited by Freedman 2009)
<i>Astragalus membranaceus</i> (Fisch.) Bunge = <i>Astragalus propinquus</i> Schischkin	Fabaceae	Astragalus, Huangchoy (Chinese)	Dried root slices are used in combination with <i>Codonopsis</i> (dang shen) goji berries for a tonic soup with spare ribs	Hu (2005)
<i>Atamasco atamasco</i> (L.) Greene = <i>Zephyranthes atamasco</i> (L.) Herb.	Amaryllidaceae	<i>Atamasco</i> Lily, Rain Lily, Zephyr Lily	In North America, bulbous roots are eaten by Creek tribe in times of scarcity	Yanovsky (1936) and Hedrick (1972)
<i>Athamanta sicula</i> L.	Apiaceae	Spiguel; Spaccapietre (Sicilian)	Roots are eaten	Facciola (1990)
<i>Athyrium brevifrons</i> Nakai ex Kitag.	Athyriaceae		Rhizome starch is used for cakes and noodles	Freedman (2009), Fox et al. (1982), and Gade (1975)
<i>Athyrium filix-femina</i> (L.) Roth	Athyriaceae	Lady Fern	Underground rootstock and stem are eaten after being peeled and roasting, or starch is extracted for making pastries, also used for wine making	Schofield (2003)
<i>Atylosia reticulata</i> (Dryand.) Taubert ex Ewart & Davies = <i>Cantharospermum reticulatum</i> (Dryand.) Taubert ex Ewart & Davies	Fabaceae	Not found (NF)	Roots are roasted	Cribb and Cribb (1987)
<i>Balsamorhiza hookeri</i> (Hook.) Nutt.	Asteraceae	Balsam Root, Hooker's Balsamroot, Hairy Balsamroot	Roots are eaten raw or cooked	Yanovsky (1936), Hedrick (1972), and Facciola (1990)

<i>Balsamorhiza sagittata</i> (Pursh) Nutt.	Asteraceae	Oregon Sunflower, Arrowleaf Balsamroot	Roots are eaten raw or cooked, roasted or used as coffee substitute	Yanovsky (1936), Hedrick (1972), Kunkel (1984), and Facciola (1990)
<i>Bambusa pallida</i> Munro	Poaceae	Mokal Bah (Assamese); Mai Phiu, Phat Song Kham (Thai)	Young rhizomes are eaten as vegetable after processing	Patiri and Borah (2007)
<i>Bambusa tulda</i> Roxb.	Poaceae	Spineless Indian Bamboo, Calcutta Cane; Jati Bah (Assamese)	As above	Patiri and Borah (2007)
<i>Bauhinia hupehana</i> Craib = <i>Bauhinia glauca</i> subsp. <i>hupehana</i> (Craib) T. Chen	Fabaceae	Shen Zi Ye, Hubei Yang Ti Jia (Chinese)	Root and stem are stewed with pro kidneys and intestines or cooked with pork as special health food in Huber and Sichuan	Hu (2005)
<i>Begonia fagoproides</i> DC.	Begoniaceae	Anchan Karay (Quechua)	Peru (Vilcanota Valley): rhizome is used	Gade (1975)
<i>Beta vulgaris</i> Cicla Group	Amaranthaceae	Swiss Chard, Spinach Beet, Foliage Beet, Seakale Beet	Some cultivars of Swiss chard have edible root	Facciola (1990)
<i>Beta vulgaris</i> cv. Crassa Group	Amaranthaceae	Beet, Beet Root, Sugar Beet, Mungel Wurzel	Globeose root is boiled or cooked as vegetables. Fermented beetroot juice is commercially available. Sugar beets are source of sugar, syrup and molasses	Larkcom (1984) and Facciola (1990)
<i>Beta vulgaris</i> cv. Group Garden Beet	Amaranthaceae	Beet Root, Garden Beet, Field Beet	As above	Oyen and Soenoeadji (1994)
<i>Beta vulgaris</i> cv. Group Spinach Beet	Amaranthaceae	Foliage Beet, Leaf Beet	As above	Oyen and Soenoeadji (1994)
<i>Beta vulgaris</i> L.	Amaranthaceae	Beet, Beetroot, Garden Beet	Globeose root is boiled or cooked as vegetables	Oyen and Soenoeadji (1994)
<i>Beta vulgaris</i> L. var. <i>saccharifera</i> = <i>Beta vulgaris</i> L.	Amaranthaceae	Sugar Beet	Swollen, fleshy globeose root is processed for sugar	Codex (2014)
<i>Beta vulgaris</i> L. var. <i>conditiva</i> = <i>Beta vulgaris</i> L.	Amaranthaceae	Beetroot	As above	Codex (2014)
<i>Beta vulgaris</i> var. <i>esculenta</i> = <i>Beta vulgaris</i> L.	Amaranthaceae	Beet Root, Garden Beet, Field Beet	Peeled and cooked before eating, can be roasted, added to soups and pickled. Pickled beet roots are used in salads as side dish or as a condiment; slices are used in hamburgers	Facciola (1990), van Wyk (2006), Santich et al. (2008), and Phillips and Rix (1993)

(continued)

Table 1 (continued)

<i>Beta vulgaris</i> var. <i>rapa</i> Dumont	Amaranthaceae	Garden Beet, Beet Root	As above	Hu (2005)
<i>Beta vulgaris</i> var. <i>vulgaris</i> = <i>Beta vulgaris</i> L.	Amaranthaceae	Beet, Garden Beet	Swollen, fleshy globose root is processed for sugar	Phillips and Rix (1993)
<i>Blechnum indicum</i> Burm.f. = <i>Blechnum serrulatum</i> Rich.	Blechnaceae	Bungwall Fern	Starchy rhizomes are eaten after roasting	Cribb and Cribb (1987) and Low (1989)
<i>Blechnum orientale</i> L.	Blechnaceae	Centipede Fern; Paku Lipan (Malay)	Starchy rhizomes are eaten after roasting	Cribb and Cribb (1987)
<i>Boehmeria nivea</i> (L.) Gaudich.	Urticaceae	China Grass, Ramie	China: root is eaten after boiling and peeling	Read (1946)
<i>Boerhavia coccinea</i> Mill.	Nyctaginaceae	Tar Vine, Hog Weed	Bland fibrous taproot is eaten	Cribb and Cribb (1987) and Harden (1990)
<i>Boerhavia diffusa</i> L.	Nyctaginaceae	Hog Weed, Horse Purslane; Zhu Er Yan, Huang Xi Xin (Chinese)	Fleshy portion of thick roots is roasted and eaten, sweetish and nutritious	Hu (2005)
<i>Boerhavia</i> spp.	Nyctaginaceae	Tar Vines	Bland fibrous taproot is eaten	Low (1991)
<i>Boesenbergia pandurata</i> (Roxb.) = <i>Boesenbergia rotunda</i> (L.) Mansfield	Zingiberaceae	See below	As for <i>Boesenbergia rotunda</i>	Facciola (1990)
<i>Boesenbergia rotunda</i> (L.) Mansfield	Zingiberaceae	Chinese Keys, Temu Kunci (Indonesia, Malaysia), Krachai (Thai)	Widely used as a spice in cooking traditional Malay, Indonesian, Laotian and Thai cuisine – mixed vegetable dishes, fish curries, soups and pickles. Aromatic rhizome is used in <i>ulam</i> (raw vegetable salad) in Malaysia and in salads in Thailand.	Ibrahim and Nugroho (1999), Saidin (2000), and van Wyk (2006)
<i>Bolboschoenus caldwellii</i> (V.J.) Soják	Cyperaceae	Sea Club-Rush	Grape-sized, sweet, fibrous tubers are eaten	Low (1989, 1991)
<i>Bolboschoenus fluviatilis</i> (Torr.) Soják	Cyperaceae	Marsh Club-Rush	As above	Low (1991)
<i>Bolboschoenus maritimus</i> (L.) Palla	Cyperaceae	Sea Club-Rush	Tubers are eaten after treatment	Cribb and Cribb (1987)
<i>Bombax ceiba</i> L.	Malvaceae	Sémul (India)	Succulent young roots are roasted and eaten after peeling off the skin cut into pieces, mixed with spices and eaten or boiled and eaten raw with salt	Gupta and Kanodia (1968a) and Shankararayan and Saxena (1987)
<i>Bombax malabaricum</i> DC. = <i>Bombax ceiba</i> L.	Malvaceae	Silk Cotton; Sawar, Savri, Shimla (Bombay)	As above	Darlington and Janaki Ammal (1945), Gammie (1902), and Gupta (1962)

<i>Bongardia chrysozonum</i> (L.) Spach	Berberidaceae	Ladies Nightcap	Roots are eaten boiled or roasted as food in Iran	Hedrick (1972) and Facciola (1990)
<i>Boscia albitrunca</i> (Burch.) Gilg & Benedict	Capparidaceae	Shepherd's Tree, Wigat (Afrikaans)	Roots are source of meal and syrup in southern Africa	Uphof (1968), Fox et al. (1982), and Facciola (1990)
<i>Bowenia spectabilis</i> Hook.	Zamiaceae	Zamia Fern	Roots are eaten by aborigines	Cribb and Cribb (1987)
<i>Brachychiton australis</i> (Schott & Endl.) A. Terracc.	Malvaceae	Broad Leaf Bottle Tree	As above	Cribb and Cribb (1987)
<i>Brachychiton populneus</i> (Schott & Endl.) R. Br	Malvaceae	Black Kurrajong, Bottle tree, Kurrajong, Kurrajong Bottle Tree	As above	Cribb and Cribb (1987)
<i>Brachychiton diversifolius</i> R. Br.	Malvaceae	Northern Kurrajong, Kurrajong		Facciola (1990)
<i>Brachychiton rupestris</i> (T. Mitch. ex Lindl.) K. Schum.	Malvaceae	Queensland Bottle Tree	Young roots are cooked as food by the aborigines	Cribb and Cribb (1987)
<i>Brachystelma bingeri</i> Chev. = <i>Raphionacme bingeri</i> (A. Chev.) J.-P. Lebrun & Stork	Apocynaceae	NF	In West Africa (Niger River region), tubers are eaten, after removal of resinous outer layer. It comprises largely of carbohydrate	Irvine (1952) and Uphof (1968)
<i>Brasenia schreberi</i> J.F. Gmel.	Cabombaceae	Water-Shield	Root is edible	Facciola (1990)
<i>Brassica juncea</i> (L.) Czern.	Brassicaceae	Root Mustard	Inflated, fleshy cylindrical taproot	Facciola (1990) and Opena (1994)
<i>Brassica juncea</i> (L.) Czern. subsp. <i>napiformis</i> (Paillex & Bois) Gladis	Brassicaceae	Tuberous Rooted Chinese Mustard	Root is edible	Codex (2014)
<i>Brassica napobrassica</i> Mill.	Brassicaceae	Rutabaga, Swedish Turnip, Swede	Enlarged swollen root is eaten boiled, steamed, baked, fried, mashed, etc.	Phillips and Rix (1993), Hu (2005), and Santich et al. (2008)
<i>Brassica napus</i> cv. Group Rutabaga	Brassicaceae	As above	As above	Van den Bergh (1994)
<i>Brassica napus</i> L. var. <i>napobrassica</i> (L.) Reichenbach	Brassicaceae	As above	As above	Codex (2014)
<i>Brassica napus</i> Napobrassica Group	Brassicaceae	As above	As above	Facciola (1990)
<i>Brassica oleracea</i> var. <i>gongyodes</i> L. = <i>Brassica oleracea</i> L.	Brassicaceae	Kohlrabi, Cabbage Turnip	Young kohlrabi is used raw in salad; mature ones are peeled, cooked in soups and braised, can also be roasted, can be grated or cut into sticks for dips	Phillips and Rix (1993), Jansen et al. (1994), van Wyk (2006), and Santich et al. (2008)
<i>Brassica rapa</i> cv. Group Vegetable Turnip	Brassicaceae	Turnip	Roots are edible	Phillips and Rix (1993) and Toxopeus (1994)

(continued)

Table 1 (continued)

<i>Brassica rapa</i> L. var. <i>rapa</i> = <i>Brassica rapa</i> subsp. <i>rapa</i>	Brassicaceae	Garden Turnip	Root is edible, eaten raw, grated, glazed, sautéed in butter or cooked in cream, used in soups and stews	Phillips and Rix (1993), van Wyk (2006), and Codex (2014)
<i>Brassica rapa</i> Pervitidis Group	Brassicaceae	Mustrad Spinach, Komatsuna	Thick tuberous roots of some cultivars are pickled and eaten	Tanaka (1976), Larkcom (1984), and Facciola (1990)
<i>Brassica rapa</i> Rapifera Group	Brassicaceae	Turnip, Fodder Turnip, Neeps	Roots are eaten raw, pickled, pureed, braised or used in stews, casseroles, soups, etc.	Facciola (1990) and van Wyk (2006)
<i>Brodiaea capitata</i> Benth. = <i>Dichelostemma capitatum</i> (Benth.) Alph. Wood	Asparagaceae	California Hyacinth, Grassnut, Wild Onion	Bulbs are eaten raw or boiled	Saunders (1920)
<i>Brodiaea douglasii</i> S. Watson = <i>Triteleia grandiflora</i> Lindl.	Asparagaceae	Clusterlily, Brodiaea, Grassnut, Fire-Cracker Flower, Blue Dicks	Corns are edible raw, fried, boiled and roasted	Facciola (1990)
<i>Brodiaea grandiflora</i> Smith = <i>Brodiaea coronaria</i> subsp. <i>coronaria</i>	Asparagaceae	Largeflower Triplelily, Wild Hyacinth	Bulbs are best cooked as by slow roasting in hot ashes which develops the sweetness	Saunders (1920)
<i>Brodiaea pulchella</i> (Salisb.) Greene = <i>Dichelostemma congestum</i> (Sm.) Kunth	Asparagaceae	Wild Hyacinth, Common Satta, Common Brodiaea, Blue Dicks	Bulbs are eaten raw or boiled	Facciola (1990)
<i>Bromelia caratas</i> Hill = <i>Bromelia</i> <i>karatas</i> L.	Bromeliaceae	Camburito, Chigüichigüe, Curibijil, Quiribijil, Curujujul (Spanish)	In Brazil (northeast), bulbs are cooked and then sun-dried. Bulb is then pulverised and reduced to a flour	De Castro (1952)
<i>Bromelia laciniosa</i> Mart. ex Schult.f.	Bromeliaceae	Macambira (Spanish)	As above	De Castro (1952)
<i>Braquiera cylindrica</i> (L.) Blume	Rhizophoraceae	White Burma Mangrove, Reflexed Orange Mangrove	Young radicals are eaten	Burkill (1966)
<i>Brunoniella acaulis</i> (R. Br.) Brenek.	Acanthaceae	Blue Yam	Roots are eaten	Cribb and Cribb (1987)
<i>Brunoniella australis</i> (Cav.) Brenek.	Acanthaceae	Blue Trumpet	Root is eaten after some preparation	Harden (1992)
<i>Bryonia alba</i> L.	Cucurbitaceae	Wild Bryony, Wild Hop, English Mandrake	France: starch of root is recommended as a famine food for extending bread flour after removing acid element	Parmentier (1781) (cited by Freedman 2009)
<i>Bulbine bulbosa</i> (R. Br.) Haw.	Xanthorrhoeaceae	Bulbine Lily, Golden Lily	Bland starchy bulb is eaten by aborigines	Cribb and Cribb (1987), Low (1989, 1991), and Harden (1993)

<i>Bunium alpinum</i> Waldst. & Kit.	Apiaceae	NF	Tunisia: as for <i>Bunium chaberti</i>	Bouquet (1939)
<i>Bunium bulbocastanum</i> L.	Apiaceae	Earth Chestnut	In France, root is recommended as a famine food eaten raw or roasted (1781) (cited by Freedman 2009)	Facciola (1990) and Parmentier (1781) (cited by Freedman 2009)
<i>Bunium chaberti</i> (Batt.) Batt.	Apiaceae	NF	In Tunisia, tuberous roots are roasted being eaten. It is also boiled in salt water and seasoned with oil and spices	Bouquet (1939)
<i>Bunium incrassatum</i> (Boiss.) Amo = <i>Bunium pachypodium</i> P.W. Ball	Apiaceae	Alrhouda, Belbous, Aktsir, Ouetir, Akser, Akoutsar (Arabic)	Tunisia: as for <i>Bunium chaberti</i>	Bouquet (1939)
<i>Bunium macuca</i> Boiss. = <i>Bunium alpinum</i> subsp. <i>atlanticum</i> Maire,	Apiaceae	NF	Tunisia: as for <i>Bunium chaberti</i>	Bouquet (1939)
<i>Bunium persicum</i> (Boiss.) B. Fedtsch.	Apiaceae	Cumin Black Root, Caraway Black Root	Tuberous roots are edible	Codex (2014)
<i>Bupleurum falcatum</i> L.	Apiaceae	Chai Hu, Hare's Ear Root	Himalayas (area unspecified); roots are eaten	Read (1946)
<i>Burchardia umbellata</i> R. Br.	Colchicaceae	Milkmaids	Crisp starchy tubers	Low (1989, 1991)
<i>Butea frondosa</i> Roxb. = <i>Butea monosperma</i> (Lam.) Taub.	Fabaceae	Dangs (Bombay)	In India, roots are toasted and eaten	Gammie (1902) and Watt (1908)
<i>Butea monosperma</i> (Lam.) Taub.	Fabaceae	Dhak, Pala (Rajasthan, Western India)	Succulent young roots are roasted or boiled and eaten with salt	Gupta and Kanodia (1968a) and Shankarayan and Saxena (1987)
<i>Butomus umbellatus</i> L.	Butomaceae	Flowering Rush	In China, steamed roots are eaten. Root may also be sun-dried, after which root is baked or made into a flour and steamed. In the Soviet Union (unspecified areas), root is reported to be eaten	Read (1946) and Uphof (1968)
<i>Caesia alpina</i> Hook.f.	Xanthorrhoeaceae	Alpine Grass Lily	Roots are eaten by aborigines	Harden (1993)
<i>Caesia calliantha</i> R.J.F. Hend.	Xanthorrhoeaceae	Pale Grass Lily	Roots are eaten by aborigines	Low (1991) and Harden (1993)
<i>Caesia parviflora</i> R. Br.	Xanthorrhoeaceae	Pale Grass Lily	Roots are eaten by aborigines	Low (1991) and Harden (1993)
<i>Caesia setifera</i> Baker	Xanthorrhoeaceae	Hairy Grass Lily	Roots are eaten by aborigines	Cribb and Cribb (1987) and Low (1989)
<i>Caesia vittata</i> R. Br. = <i>Caesia parviflora</i> var. <i>vittata</i> (R. Br.) R.J.F. Hend.	Xanthorrhoeaceae	Pale Grass Lily	Roots are eaten by aborigines	Low (1989) and Harden (1993)
<i>Cakile edentula</i> (Bigel.) Hook.	Brassicaceae	Sea Rocket	Canada: root is pounded and mixed with flour by native people in time of scarcity	Yanovsky (1936) and Hedrick (1972)

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