

Your Edible South Florida Yard

What to grow and when

Including names in Spanish

Edible flowers

African marigold / Flor de muerto

Banana / Plátano

*Basil / Albahaca

*Borage / Borraja

Butterfly pea / Guisante de la mariposa

Calendula / Caléndula

Chives / Cebolletas

*Dill / Eneldo / Abesón

Elderberry / Baya del saúco

Gardenia / Gardenia

Garlic / Ajo

Hibiscus / Pabonas / Mar pacífico

Marigold / Caléndula / Maravilla

Mint / Menta

*Nasturtium / Capuchina

Okra / Quingombó

*Pansy / Pensamiento

*Petunia / Petunia

Rose / Rosa

*, **Sage / Salvia de castilla

*Squash / Calabaza / Calabacín

*Thyme / Tomillo

**Yucca / Spanish bayonet / Espino / Bayoneta

Plants listed without an asterisk (*) can be grown year-round

* *an annual, grown fall – spring*

** *salt-tolerant species can be planted near coastal areas.*

Herbs, flavorings, and spices

Allspice / Pimienta de Jamaica / Pimienta Inglesa

(leaves used as a flavoring in cooking and berries used in baking)

*Basil / Albahaca / Albacar

Bay leaf / Común / Laurel (leaves used as a flavoring)

*Borage / Borraja

*Catnip / Hierba gatera

*Chervil / Perifollo / Carafolio

Chives / Cebolletas / Ajo moruno

*Cilantro / Coriander / Coriandro

Cinnamon / Cinamomo / Canela (*the bark is edible*)

Cranberry hibiscus / Jamaican sorrel / Roselle / Flor de Jamaica

Cuban oregano / Orégano de hoja ancha

Culantro / Recao (*lives for 2 years, grow in shade*)

+Curry leaf / Hojas de curry
 *Dill / Eneldo / Abesón
 Epazote / Wormseed / Apazote
 *Fennel / Hinojo
 *Fenugreek / Alholva (sprouted seeds also edible)
 Garlic chives / Cebollino de ajo
 Jamaican mint / Menta de palo
 Kaffir lime / Kaffir lima
 Katuk / Tropical asparagus
 *, **Lemon balm / Melisa / Toronjil
 **Lemon grass / Caña de limón / Zacate de limón
 **Lemon verbena / Hierba Luisa / Lipia
 *Lovage / Apio de montaña / Levistico
 Mexican oregano / Té del pais / Salvia Americana
 Mexican tarragon / Hierba de anis
 **Mint / Menta / Herba buena (*grow in a container and keep moist*)
 *Marjoram / Mejorana
 Moringa / Horseradish tree / Árbol moringa
 *Oregano / Orégano
 **Pandanus / Screw pine (*leaves used as a flavoring*)

*Parsley / Perejil
 Pepperweed / Virginia pepperweed / peppergrass (*a common weed in Florida*)
 Perilla / Shiso / Planta bistec (*can become a weed. Remove the flowers and add to your salad*)
 **Prickly pear pads / Nopal
 **Purslane / Verdolaga
 **Rosemary / Romero
 *, **Sage / Salvia de castilla
 *Savory / Tomillo / Ajedrea de jardin
 Spotted beebalm / Spotted horsemint / Monarda
 Star anise / Anis de estrella / Anis (*use the seed pods*)
 Stevia / Hierba dulce (*remove flower buds since they reduce the sweetness of the leaves*)
 Sugarcane / Caña de azúcar
 *Thyme / Tomillo
 Turmeric / Cúrcuma / Tumeric
 Vanilla orchid / Vainilla (*Flowers need to be hand-pollinated to produce the pod / bean*)
 Vietnamese mint / Hot mint / Laksa leaf

+ *Curry leaf is a shrub and can send up root suckers over time. Keep in a pot or keep suckers mowed. Remove flowers to prevent seeding.*

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* *herbs grown fall – spring*

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Seeds and nuts

Allspice / Pimienta de Jamaica /

Pimienta Inglesa

*Anise / Anis

Annatto / Achiote / Lipstick Tree / Bija / Bijol

Black pepper / Peppercorn / Pimienta negra

seeds used as a substitute for saffron

to produce black peppercorns, dry the “seeds”. To produce white pepper, remove the outer seed coat after drying. To produce green peppercorns, harvest the peppercorns and

use fresh.

***Caraway / Alcaravea

Cardamom / Cardamomo

Chia

Cinnamon / Árbol de canela / Canela

harvest newly set "berries"

**Coconut palm / Coco

*Coriander / Cilantro / Coriandro

*Cumin / Comino

*Fennel / Hinojo

*Fenugreek / Alholva

Jackfruit / Jaca

boil or roast the seeds

Macadamia / Nuez de Queensland

*recommended varieties include: 'Arkin Papershell', 'Beaumont',
'Cate', 'Dana White'*

Mustard / Mostaza

Peanut / Maní / Carahueta / Cacahuete

plant in Feb. or March

Pepperweed / Virginia pepperweed /
Peppergrass

*a common weed in Florida. Dried seeds used as a black
pepper substitute*

Pumpkin / Semillas de calabaza

*Sesame / Sésamo / Ajonjolí / Alegría

Sunflower / Girasol

Tropical almond / Almendro de la India /
Almendrón

can be invasive and is restricted where it can be planted

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*** *grow caraway in a container, sheltered from rain. Can be difficult to grow. A biennial (it flowers & produces seeds the 2nd year, then dies).*

Vegetables and leafy greens, winter

Arugula / Rocket / Rúcula

Chard / Swiss chard / Acelga

**Beets / Remolacha / Betarraga

Chinese cabbage / Napa cabbage / Col China

Bok choy / Pac choy / Col China

Chinese radish / Winter radish / Rábano chino

**Broccoli / Brécol / Brocolera

Collards / Col berza

**Cabbage / Col / Repollo

Corn salad / Mâche

Carrot / Zanahoria

Cucumber / Pepino

Eggplant / Berenjena
 Egyptian spinach / Molokhiya / Jute
 Endive / Escarole / Escarola / Endibia
 Escarole
 Fennel / Hinojo / Cáñamo
 Garbanzo beans / Chickpea
 Gourds / Calabaza
 +Green beans / Snap beans / Pole beans / Ejote /
 Habichuela / Frijol / Habas verdes
 **Green pepper / Bell / Sweet / Pimiento dulce
 Jamaican spinach / Callaloo / Callalú
 Jerusalem artichoke / Sunchoke / Topinambur /
 Alcachofa de Jerusalén
 **Kale / Col rizada
 Kohlrabi / Col rábano / Colirábana
 Leaf lettuce / Lechuga
 Leek / Puerro
 Melons / Melones
 Mustard / Mustard greens / Mizuna / Mostaza
 Okinawa spinach
 Onion / Cebolla
 Orach / French spinach / Armuelle mole
 Peas / Guisante / Arveja
 Raab broccoli / Rapini

Radish / Rábano
 Radicchio
 Rutabaga / Nabo sueco
 *Salad burnet / Burnet / Pimpinelle
 Salsify / Salsifí (*both the root and leaves are edible*)
 Shallot / Chalote
 Snow peas / Arveja de nieve
 Soybean / Semilla de soja
 **Spinach / Espinaca
 Spinach mustard / Tatsoi / Rosette bok choy
 Spring onion / Green onions / Cebollas de
 primavera
 Squash / Calabaza / Calabacín
 Tomatillo / Husk tomato (*plant a few plants for better
 pollination*)
 **Tomato, cherry-type and grape / Tomate (*these
 are easiest to grow*)
 **Tomato, large fruit-type / Tomate
 **Tomato, plum-type ('Roma') / Tomate
 Turmeric / Cúrcuma / Tumeric
 Turnip / Nabo (*the greens are also edible*)
 Watercress / Berro (*grow in a tub of water*)
 Watermelon / Sandia / Melón de agua
 Winged beans / Frijol alado

Winter vegetables, plant in Oct – Feb, crops usually finished by May

+ includes adzuki, broad, bush, green, hyacinth / lablab, pole, scarlet runner, sword, winged beans.

** perennial*

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Challenging to grow winter vegetables (a little difficult due to our climate)

Brussels sprouts / Coles de Brusselas
 Cauliflower / Coliflor
 Celery / Apio
 Corn (sweet) / Maiz dulce / Choclo / Maiz tieano
*(needs a lot of
 room, pest problems)*

Garlic / Ajo
 Lettuce, head types / Lechuga
 Potato / Patata / Papa (*grow in a deep tub filled with
 compost*)
 **Tomato, heirloom varieties / Tomate

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Vegetables and leafy greens, summer or year-round

Amaranth / Tampala / Bleda	<i>containers.)</i>
Bitter melon / Balsam apple / Momordica	Moringa / Horseradish tree / Árbol moringa
Boniato / Cuban sweet potato	<i>(immature pods and roots)</i>
Collards / Col berza	New Zealand spinach
Cuban pumpkin / Calabaza / Cuban squash	Okra / Quingombó / Cancha
Dasheen / Taro / Malanga del pacifico	Pigeon peas / Frijol gandul / Frijol de palo
Eggplant / Berenjena	Purslane / Verdolaga
Egyptian spinach / Molokia / Jute	Seminole pumpkin / Cashaw / Spanish calabaza
Ethiopian mustard / Tixel greens / Mostaza etíope	Southern peas such as black-eyed peas / Frijol
Galangal / Siamese ginger / Galanga	Sweet potato / Batata
Ginger / Jengibre	Tree tomato / Tamarillo (<i>begins bearing at 2 years, lives for several years</i>)
**Hot peppers / Pimienta picante / Chile	Water chestnut / Castaña de agua (<i>grow in a water filled tub</i>)
Jack bean	Watercress / Berro (<i>grow in a tub of water or hydroponic system</i>)
Lima bean / Haba verde / Habichuela blanca	Yard-long bean / Frijol largo
Longevity spinach, (<i>A vine, grows for several years</i>)	
Malabar spinach / Ceylon spinach	
Malanga / Cocoyam / Malanga blanca (<i>Can be an invasive species. Plant with caution, grow in</i>	

Summer vegetables, plant in March – June

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Hard to grow summer crops (disease problems)

Cucumber / Pepino	Peanut / Maní / Cacahuate
Melons / Melones (<i>plant watermelon in the spring</i>)	Squash / Calabaza

Specialty crops

Cassava / Yuca / Manioca / Tapioca	<i>Plant roots in pots to sprout. Make stem cuttings and plant in the garden in late fall through March (wait 9 months to harvest).</i>
Chayote	<i>Plant the entire unpeeled, untreated fruit, Needs to be trellised.</i>
Jicama	<i>Requires trellising; do not eat the leaves or pods because of poisonous compounds.</i>

Fruiting vines and shrubs

Antidesma / Bignay

Barbados cherry / West Indian cherry / Acerola

Barbados gooseberry / West India gooseberry /

Otaheite gooseberry / Grosellero / Manzana estrella

Blackberry / Zazzamora

Blue grape / False jaboticaba

**Carissa / Natal plum / Ciruela de Natal

Chayote

**Cocoplum / Hicaco / Icaco

Coffee / Cafeto / Café

Grow in shade

Cranberry hibiscus / Jamaican sorrel /

Roselle / Flor de Jamaica

Dragon fruit / Pitaya

Needs to be trellised

Elderberry / Baya del saúco

Unripe fruit are poisonous

Kei apple / Dovyalis

**Miracle fruit / Fruta del milagro

Eating this fruit helps make sour fruit taste sweet

Monstera / Ceriman / Piña anón

Muscadine grape / Uva muscadine

'Fry', 'Noble', 'Summit'

Mysore raspberry

Passionfruit / Granadilla / Maracuyá / Parchita

Yellow-types, hybrids. Purple-types fruit poorly here

**Pineapple / Piña

**Prickly pear / Tuna

**Seagrape / Uva caleta

Most landscape plants are male. Buy plants from a fruit tree nursery

Strawberry / Fresa

Plant in the fall

Surinam cherry / Cherry hedge /

Restricted use in Miami-Dade. See if it's allowed in your

Pitanga / Cerezada

neighborhood). Black fruit types are sweet, mildly flavored.

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Small statured fruit trees

Banana / Plátano / Plátano enano

'Dwarf Cavendish', 'Dwarf Red', 'Grand Nain', 'Red Jamaican',
'Umalog' and others

Bilimbi / Cucumber tree / Calmais

Fruit used as a flavoring

Black mulberry / Mora

Carambola / Starfruit / Carambolera	'Arkin', 'Fwang Tung', 'Kary', 'Lara', 'Sri Kembangan'
Cashew apple / Marañon / Anacardo	<i>Cashew is very sensitive to cold temperatures</i>
Ceylon gooseberry / Dovyalis / Aberia / Kerambilla / Tropical apricot	
Cherry of the Rio Grande	
**Darling plum	
**Fig / Higo	'Brown Turkey', 'Celeste'
Grumichama / Brazil cherry	
**Guava / Guayaba	'Asian White', 'Crystal', 'Homestead', 'Hong Kong Pink', 'Lotus', 'Patillo'
Imbe	
Jaboticaba	
**Jujube / Azufaifo Chino	
June plum	<i>Dwarf Spondias dulcis.</i>
Limeberry / Limón de Jerusalén / Limoncito	
Mamey sapote / Zapote colorado	'Lara', 'Magana', 'Mayapan', 'Pace', 'Pantin' / 'Key West'
Mango, "condo"	'Carrie', 'Cogshall', 'Fairchild', 'Lancetilla', 'Mallika', 'Nam Doc Mai', 'Pickering'
Nance / Golden spoon / Peralejo de sabana	
Papaya / Melón zapote / Fruta bomba	
Persimmon, Asian / Oriental persimmon	Caqui 'Hachiya', 'Saijo', 'Tanenashi'
Persimmon, Virginia / American persimmon	
Pineapple guava / Guayaba Brasileña	
Pitomba	
Plantain / Plátano	
**Sapodilla / Naseberry / Nispero	<i>Plant dwarf varieties such as: 'Makok', 'Silas Woods'</i>
**Seagrape / Uva caleta	<i>Most landscape plants are male. Buy plants from a fruit tree nursery</i>
Strawberry tree / Capuli	
Sugar apple / Sweetsop / Anón de azúcar / Anón	
Wampee / Wampi / Lansio	

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Medium – large fruit trees (can be pruned to limit their size)

Ackee / Aki / Seso vegetal / Palo seso	<i>Fruit can be poisonous if not harvested at the proper stage</i>
Atemoya / Anón	
Avocado / Aguacate / Palto	'Booth 7', 'Booth 8', 'Brogdon', 'Brooks Late', 'Choquette', 'Donnie', 'Dupuis', 'Loretta', 'Miguel', 'Monroe', 'Nadir', 'Reed', 'Russell', 'Simmonds'
Bael fruit / Indian quince	
Black sapote / Chocolate pudding tree / Zapote negro / Ebanó	
Carob / Algarrobo	<i>used as a chocolate substitute. 'Clifford' and 'Santa Fe' don't require cross-pollination. Some salt-tolerance.</i>
**Canistel / Eggfruit / Fruta de huevo	'Bruce', 'Fairchild #1', 'Fitzpatrick', 'Oro', 'Trompo'
**Coconut palm / Coco	
Custard apple / Bullock's heart / Corazón / Cherimoya	
Green sapote / Mameicito / Injerto	
Jackfruit / Jaca	'Black Gold', 'Cheena', 'Chompa Gob', 'Cochin', 'Gold Nugget', 'Honey Gold'
Jamaica cherry / Capulin cherry / Strawberry tree / Cereza tropical / Capulina	
Kei apple / Manzana de Kei	<i>You will need both a female and a male tree</i>
Longan / Mamoncillo longan	
**Loquat / Japanese plum / Nispero japonés	
Lychee / Mamoncillo Chino / Lechia / Lichi	
Malay apple / Pomarrosa de Malaca	
Mammee apple / Mamey de Santo Domingo / Abrió / Mamey amarillo	
Mango	'Carrie', 'Duncan', 'Edward', 'Florigon', 'Keitt', 'Parvin', 'Saigon', 'Tommy Atkins'
Pigeon plum	<i>A native shade tree</i>
Rose apple / Pomarosa	
**Sapodilla / Naseberry / Dilly / Níspero / Chicle	<i>There are now some dwarf varieties ('Tikal', 'Hasya', 'Makola')</i>
Satinleaf / Caimitillo	<i>A Florida native related to star apple / caimito</i>
Soursop / Guanabana / Graviola	
Spanish lime / Mamoncillo / Genip	<i>You will need both a male and a female tree</i>
Spondias / Ciruela	

Spondias dulcis. Common names include ambarella, Otaheite apple, and golden apple / Ciruela

***Spondias mombin*, L. Common names include yellow mombin and hog plum / Ciruela amarilla

Spondias purpurea, L. Common names include purple mombin and red mombin / Ciruela

Star apple / Caimito / Caimo

**Tamarind / Tamarindo

Velvet apple / Mabolo

Wax jambo / Water apple

White sapote / Zapote blanco

'Dade', 'Denzler', 'McDill', 'Pike', 'Reinekie', 'Suebelle', 'Yellow'

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Container fruits

Most fruit listed under "Fruiting vines and shrubs" and "Small statured fruit trees" can be kept in containers if there is no space to plant in the ground. Keep in mind that plants kept in containers may be less productive than those planted in your yard. Below is a partial list of what can be grown.

Barbados cherry / West Indian cherry / Acerola

Banana / Plátano / Plátano enano

Blackberry / Zazzamora

**Carissa / Natal plum / Ciruela de Natal

Carambola / Starfruit / Carambolera

Ceylon gooseberry / Dovyalis / Aberia /

Ketembilla / Tropical apricot

**Cocoplum / Hicaco / Icaco

Coffee / Cafeto / Café (grow in shade)

**Fig / Higo

Grumichama / Brazil cherry

**Guava / Guayaba

Jaboticaba

Jamaica cherry / Capulin cherry / Strawberry tree

Kei apple / Dovyalis / Manzana de Kei

Limeberry / Limón de Jerusalén / Limoncito

**Miracle fruit / Fruta del milagro

Naranjilla

Papaya / Lechoza / Fruta bomba

Passion fruit / Granadilla / Ceibey / Meracuya

**Pineapple / Piña

Pitomba

Strawberry / Fresa

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Tips

To be productive, most flowers, shrubs and trees need full sun for most of the day.

Leaf lettuce, leafy greens, and herbs can tolerate some shade.

Grow herbs and most vegetables in raised bed gardens. Many can also be grown in containers.

Web sites for additional information

Raised bed gardening

fact sheets and videos <http://miami-dade.ifas.ufl.edu/>

Edible flowers <http://content.ces.ncsu.edu/choosing-and-using-edible-flowers-ag-790>

Herbs <http://edis.ifas.ufl.edu/vh020>

Vegetables http://edis.ifas.ufl.edu/topic_gardening

http://edis.ifas.ufl.edu/topic_minor_vegetables

<http://echonet.org/edible-leaves>

<http://echonet.org/vegetables/>

<http://echonet.org/tubers/>

<http://edibleplantproject.org/plants/>

Fruit <http://trec.ifas.ufl.edu/fruitscapes/>

Some web sites may list crops that don't grow or don't do well in south Florida so do your research!

Reference books

Florida Home Grown 2: The Edible Landscape. By Tom MacCubbin

Florida's Best Fruiting Plants. By Charles R. Boning

Florida's Best Herbs & Spices. By Charles R. Boning

Florida's Edible Wild Plants. By Peggy Sias Lantz

Fruits of Warm Climates. By Julia Morton. This book is digitized and available on the web

<https://www.hort.purdue.edu/newcrop/morton/index.html>

Herbs and Spices for Florida Gardens. By Monica Moran Brandies

Organic Methods for Vegetable Gardening in Florida. By Ginny Stibolt and Melissa Contreras

Uncommon Scents, Growing Herbs & Spices in Florida. By Hank Bruce

Vegetable Gardening in Florida. By James M. Stephens

Vegetable Gardening in the Caribbean Area. USDA Agricultural Handbook No. 323

Disclaimer: Do your research before eating plants and plant parts that you are unfamiliar with. Some plants can cause allergic reactions or other side effects.

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September 2017