

SNo	Species	Common name	Observations
1	<i>Abutilon theophrasti</i>	China Jute	The taste is good, but since the texture of the leaves is cloth-like and not crisp, it is not very suitable for being eaten raw.
2	<i>Acacia pennata</i>	Climbing wattle	Cha-om, an important green in Burma and Thailand
3	<i>Acmella oleracea</i>	Paracress	Brèdes mafane, sharp-tasting leaves, very popular in Madagascar where they are used to prepare a dish known as romazava In Northern Thailand it is one of the ingredients of the Kaeng khae curry.
4	<i>Althaea officinalis</i>	Common Marshmallow	It was an esculent vegetable among the Ancient Romans; a dish of Marsh Mallow was one of their delicacies.
5	<i>Amaranthus cruentus</i>	Purple amaranth	Thai: phak khom daeng. Vietnamese: rau dên. Amaranthus species are edible and have a pleasant taste, but contain a certain proportion of oxalic acid and should preferably be eaten after boiling and disposing of the water
6	<i>Amaranthus retroflexus</i>	Common amaranth	Thai: phak khom. Rougher than other species of Amaranth when uncultivated, but very common as a weed.
7	<i>Amaranthus spinosus</i>	Prickly amaranth	Thai: phak khom nam
8	<i>Amaranthus tricolor</i>	Amaranth	Amarant hybrids, often from hydroponic cultivation, are popular in China and other Asian countries. They are usually eaten blanched
9	<i>Amaranthus viridis</i>	Slender amaranth	Malayalam; chiira
10	<i>Apium graveolens</i>	Celery	Generally the stalk is preferred, but the leaves are a staple in many soups. Some people have celery allergy which can cause potentially fatal anaphylactic shock.
11	<i>Atriplex hortensis</i>	Garden orache	It was cultivated in Southern Europe in ancient times. Presently it is not valued as a leafy vegetable
12	<i>Barbarea verna</i>	Bank cress	It is considered a satisfactory substitute for watercress.
13	<i>Barringtonia acutangula</i>	Chik-nam, Kra don	Shoots and young leaves are eaten raw with Nam phrik. Popular in Isan
14	<i>Basella alba</i>	Indian spinach	
15	<i>Beta cicla</i>	Chard	One of the cultivated descendants of the Sea Beet
16	<i>Beta vulgaris maritima</i>	Sea Beet	
17	<i>Borago officinalis</i>	Common Borage	Widespread as a leaf vegetable in former times. Still valued in some places in Italy and Northern Spain
18	<i>Brassica carinata</i>	Abyssinian Cabbage	
19	<i>Brassica juncea</i>	Indian mustard	
20	<i>Brassica napus</i>	Rutabaga	Sag, popular in Indian and Nepalese cuisine, usually stir-fried with salt, garlic and spices
21	<i>Brassica napus var. pabularia</i>	Rape Kale	
			Black mustard is commonly found in neglected gardens, on roadsides, in abandoned fields, and in areas where waste is disposed of. The plant is

22	<i>Brassica nigra</i>	Black Mustard	native to Asia and Europe, but now grows over much of southern Canada and almost all of the United States. This is the chief mustard used in condiments and as such is normally associated with hot-dogs. To make the mustard condiment, the seeds must be ground fine and then mixed with flour and a small portion of water and vinegar. The plant can be cultivated for its young leaves which are used in a salad or as a pot herb.
23	<i>Brassica oleracea</i>	Wild Cabbage	
24	<i>Brassica oleracea</i> var. <i>acephala</i>	Kale	Kale is a type of cabbage that has flat or curly leaves and stem colors ranging from dark green to burgundy. Kale contains many nutrients including calcium, iron, and vitamins A, C, and K. Young leaves can be harvested to use fresh in salads or allowed to mature and used as a cooked green. Kale can be found throughout the summer months, but is especially good after a frost.
25	<i>Brassica oleracea</i> var. <i>alboglabra</i>	Kai-lan	Also known as Chinese kale
26	<i>Brassica oleracea</i> var. <i>botrytis</i>	Cauliflower	,
27	<i>Brassica oleracea</i> var. <i>capitata</i>	Cabbage	
28	<i>Brassica oleracea</i> var. <i>gemmifera</i>	Brussels Sprouts	,
29	<i>Brassica oleracea</i> var. <i>italica</i>	Broccoli	
30	<i>Brassica rapa</i>	Turnip	Leaves popular in the southern United States, Galicia, Spain (Grelos),
31	<i>Brassica rapa</i> subsp. <i>chinensis</i>	Bok Choi	
32	<i>Brassica rapa</i> subsp. <i>narinosa</i>	Chinese Savoy	
33	<i>Brassica rapa</i> subsp. <i>nipposinica</i>	Mizuna	
34	<i>Brassica rapa</i> subsp. <i>pekinensis</i>	Napa Cabbage	
35	<i>Brassica rapa</i> subsp. <i>rapa</i>	Rapini	
36	<i>Campanula rapunculus</i>	Rampion	It was once widely grown in Europe for its leaves, which were used like spinach
37	<i>Campanula versicolor</i>	Harebell	Used in Greek cuisine
38	<i>Capparis spinosa</i>	Caper	Caper leaves are part of the Greek cuisine,
39	<i>Celosia argentea</i> var. <i>argentea</i>	Wild Coxcomb	Known as "Lagos spinach", it is one of the main boiled greens in West Africa,
40	<i>Centella asiatica</i>	Asian pennywort, Gotukola	Bai bua bok, popular green in Thailand Gotukola Sambola in Sri Lanka
41	<i>Chenopodium album</i>	Lamb's Quarters	Popular type of Palak in Northern India. Also used to stuff paratha

42	Chenopodium ambrosioides	American Wormseed	Chenopodium species are edible, but many species are mediocre as a leaf vegetable.
43	Chenopodium berlandieri subsp. nuttalliae	Southern Huauzontle	
44	Chenopodium bonus-henricus	Good King Henry	One of the finest Chenopodium species,
45	Chenopodium giganteum	Tree Spinach	
46	Chenopodium glaucum	Oak-Leaved Goosefoot	
47	Chenopodium nuttalliae	Huauzontle	Popular in Mexico
48	Chenopodium quinoa subsp. quinoa	Quinoa	It has its origin in the Andean region
49	Chenopodium rubrum	Red Goosefoot	
50	Chrysanthemum coronarium	Garland chrysanthemum	Popular in Korean, Cantonese, Taiwanese, Hong Kong and Japanese cuisine
51	Cichorium endivia	Endive	
52	Cichorium endivia var. crispum,	Curly endive	Sometimes called "chicory" in the United States, called chicorée frisée in French
53	Cichorium endivia var. latifolium,	Broad-leaved endive	Escarole in French
54	Cichorium intybus	Chicory	Leaves cooked with Fave in Northern Italy
55	Cichorium intybus	Radicchio	Popular in Italy
56	Cirsium oleraceum	Cabbage thistle	
57	Claytonia perfoliata	Miner's lettuce	Used by California Gold Rush miners who ate it to prevent scurvy. Like lettuce but rougher
58	Claytonia sibirica	Siberian spring beauty	Has beet-flavoured leaves.
59	Cnidoscolus aconitifolius	Chaya or Tree spinach	Traditional food in parts of Central and South America. Leaves must be cooked before being eaten.
60	Coccinia grandis	Ivy Gourd	Leaves cooked in soups in Thailand.
61	Colocasia esculenta	Taro	Only the young leaves are eaten. Popular in Mauritius.
62	Corchorus olitorius	Jew's mallow	Used in Molokhiya
63	Coriandrum sativum	Cilantro, Coriander	Used mainly for garnishing or in small quantities
64	Crambe maritima	Sea kale	It was popular as a blanched vegetable in the early 19th Century, but its use declined
65	Crassocephalum crepidioides	Redflower ragleaf	Traditionally eaten as a green in tropical Africa. Possible toxicity not well studied
66	Cratogeomom formosum	Phak tiu som or Phak tiu daeng	Young leaves are edible. Popular in Laos, Thailand (Isan) and Vietnam

67	<i>Crithmum maritimum</i>	Samphire	In the 19th century, samphire was being shipped in casks of seawater from the Isle of Wight to market in London at the end of May each year.
68	<i>Crotalaria longirostrata</i>	Chipilín	A common leafy vegetable in the local cuisines of southern Mexico
69	<i>Cryptotaenia japonica</i>	Mitsuba	Small quantities added to soups, etc.
70	<i>Cyclanthera pedata</i>	Caigua	Traditional green in Central America and South America
71	<i>Cynara cardunculus</i>	Cardoon	Leaf stems are valued as food
72	<i>Diplazium esculentum</i>	Vegetable fern	Probably the most commonly consumed fern
73	<i>Eruca sativa</i>	Arugula	Especially appreciated in Veneto, Italy
74	<i>Emex spinosa</i>	Lesser jack	It was formerly used as a leafy vegetable, but not highly valued
75	<i>Eryngium foetidum</i>	Bhandhanya, Culantro	Eaten as a leafy green in Thailand. Used as seasoning in the Caribbean.
76	<i>Foeniculum vulgare</i>	Fennel	
77	<i>Galactites tomentosa</i>	Scarlina	Edible type of thistle
78	<i>Galinsoga parviflora</i>	Gallant Soldier	Popular in Colombia and Peru in soups and salads
79	<i>Glechoma hederacea</i>	Ground Ivy	
80	<i>Glinus lotoides</i>	Lotus sweetjuice	Used as a leaf vegetable in many tropical countries
81	<i>Gnetum gnemon</i>	Melindjo	Popular in Indonesian cuisine.
82	<i>Gynura crepioides</i>	Okinawan Spinach	Grown commercially as a vegetable in China
83	<i>Halimione portulacoides</i>	Sea purslane	
84	<i>Hibiscus sabdariffa</i>	Roselle	Telugu: Gongura. Roselle leaves are edible and have a pleasant taste. This plant is having good medicinal values. In some areas it is used as substitute of Jute.
85	<i>Hirschfeldia incana</i>	Shortpod mustard	
86	<i>Honckenya peploides</i>	Sea sandwort	Traditionally used as food by the inhabitants of coastal Subarctic areas
87	<i>Houttuynia cordata</i>	Fishwort	Popular as a leaf vegetable particularly in Vietnam
88	<i>Hydrophyllum canadense</i>	John's Cabbage	It was used as a leaf vegetable by Native American peoples
89	<i>Hydrophyllum virginianum</i>	Shawnee Salad	It was used as a leaf vegetable by Native American peoples
90	<i>Hyoseris radiata</i>		Used in Liguria, Italy, to make preboggion
91	<i>Hypochaeris maculata</i>	Spotted Cat's-ear	Similar to dandelion but not as tasty
92	<i>Hypochaeris radicata</i>	Catsear	Young leaves should be harvested before they become too fibrous
93	<i>Inula crithmoides</i>	Golden samphire	Young leaves may be eaten raw or cooked as a leaf vegetable.
94	<i>Inula helenium</i>	Elecampane	Leaves are edible, although root is preferred

95	<i>Ipomoea aquatica</i> Forssk.	Water Spinach	Popular leafy green in Southeast Asia
96	<i>Ipomoea batatas</i> var. <i>batatas</i>	Sweet Potato	
97	<i>Kleinhovia hospita</i>		Young leaves are eaten as a vegetable in Malaya, Indonesia and Papua New Guinea.
98	<i>Lablab purpureus</i>	Lablab	The leaves are used as greens, but have to be cooked like spinach and the water has to be discarded.
99	<i>Lactuca indica</i>	Indian Lettuce	
100	<i>Lactuca perennis</i>		
101	<i>Lactuca sativa</i>	Lettuce	The wild varieties differ much from the average cultivated salad lettuce.
102	<i>Lactuca sativa</i>	Celtuce	
103	<i>Lactuca serriola</i>	Prickly Lettuce	Prickly lettuce is a common edible weed that is native to Europe, but can now be found from coast to coast in the United States. The name comes from the small prickles that can be found on the lower part of the stem and the midrib of the leaves. The plant is found in fields, places of waste, and roadsides. The leaves of the plant reach out towards the sun and for this reason the plant is sometimes called the Compass Plant. Prickly Lettuce can grow to be from two to five feet tall but should be harvested early on when it is a few inches high. The young leaves of the plant are very tender and make an excellent salad green. As a potherb, the plant needs little cooking and is commonly made with a sauce of melted butter or vinegar. Prickly lettuce should be harvested in spring or early summer.
104	<i>Lagenaria siceraria</i>	Bottle Gourd	In Burma young leaves are boiled and eaten with nga peet spicy sauce
105	<i>Lallemantia iberica</i>	Dragon's head	Cultivated in ancient times. Popular in Iran as green vegetable
106	<i>Lamium album</i>	White deadnettle	
107	<i>Lamium amplexicaule</i>	Henbit deadnettle	
108	<i>Lamium purpureum</i>	Red deadnettle	Leaves of plants are eaten in salads or in stirfry.
109	<i>Lapsana communis</i>	Nipplewort	Cultivated in Ancient Rome. Presently it is not valued as a leafy vegetable
110	<i>Launaea sarmentosa</i>	Ku  afila	Used in Maldivian cuisine, usually finely chopped and mixed with Maldivian fish and grated coconut in a dish known as mas huni.
111	<i>Leichhardtia australis</i>	Bush Banana	Traditional food of the Indigenous Australian people
112	<i>Leontodon hispidus</i>	Hawkbit	Leontodon species are dandelion-like plants that are generally edible
113	<i>Leontodon tuberosus</i>		Popular in Crete as a leafy green
114	<i>Lepidium campestre</i>	Field pepperweed	All <i>Lepidium</i> species are edible. Appreciated for their peppery taste
115	<i>Lepidium latifolium</i>	Dittander	
116	<i>Lepidium meyenii</i>	Maca	A traditional vegetable of the Andean mountain areas
117	<i>Lepidium sativum</i>	Garden cress	Used in soups, sandwiches and salads for its tangy flavor
118	<i>Lepidium virginicum</i>	Virginia pepperweed	

119	<i>Leptadenia hastata</i>	Decne	used as vegetable by many African populations
120	<i>Leucaena leucocephala</i>	Phak kratin	Popular in Laos and Thailand (Isan)
121	<i>Levisticum officinale</i>	Lovage	Used in salads and soups. Flavor and smell are very similar to celery
122	<i>Limnocharis flava</i>	Genjer	Used in Southeast Asia, but considered inferior fare in some places
123	<i>Limnophila aromatica</i>	Rice paddy herb, Ngò om	Popular in Vietnamese cuisine as an ingredient in canh chua, a sweet and sour seafood soup
124	<i>Limnophila indica</i>		
125	<i>Lysimachia clethroides</i>	Gooseneck Loosestrife	Edible, but considered poor fare
126	<i>Malva neglecta</i>		All <i>Malva</i> species are edible, but are generally considered poor fare or rough food
127	<i>Malva parviflora</i>	Cheeseweed	
128	<i>Malva sylvestris</i>	Mallow	
129	<i>Malva verticillata</i>	Musk Mallow	
130	<i>Malva verticillata</i> var. <i>crispa</i>		
131	<i>Manihot esculenta</i> subsp. <i>esculenta</i>	Cassava	Should be always eaten boiled after disposing of the water. In some countries cassava leaves are regarded as a poor man's food and only eaten when there is nothing else.
132	<i>Matteuccia struthiopteris</i>	Kogomi	The sprouts are a delicacy in Japanese cuisine
133	<i>Megacarpaea polyandra</i>	duo rui gao he cai	From the cabbage family. The young leaves are cooked as a vegetable in China
134	<i>Mentha arvensis piperascens</i>	Japanese mint	All <i>Mentha</i> species are edible, but generally used in small quantities as garnishing or in salads
135	<i>Mentha longifolia</i>	Habek mint	
136	<i>Mertensia maritima</i>	Sea bluebell	Traditionally used as food after boiling by the Inuit
137	<i>Mesembryanthemum crystallinum</i>	Ice plant	
138	<i>Mimulus guttatus</i>	Seep monkey flower	The raw or cooked leaves were one of the traditional foods of the Mendocino and Miwok Indians, among other native peoples
139	<i>Mirabilis expansa</i>	Mauka	One of the important food crops of the ancient Inca empire. Leaves were eaten as a leaf vegetable or used raw in salads.
140	<i>Moringa oleifera</i>	Drumstick tree	Leaves are very popular in South Asia for curries and omelettes.
141	<i>Moringa ovalifolia</i>	South-west African moringa	Found in northern Namibia and south-western Angola
142	<i>Moringa stenopetala</i>	Ethiopian moringa	
143	<i>Mycelis muralis</i>	Wall lettuce	Leaves eaten raw in salads
144	<i>Myrianthus arboreus</i>	Ujuju	Important food source in the Delta and Edo States of Nigeria
145	<i>Myriophyllum brasiliense</i>	Parrot feather	Used as a leaf vegetable in South America

146	<i>Myrrhis odorata</i>	Cicely	Young stalks and leaves are eaten in salads
147	<i>Nasturtium officinale</i>	Watercress	One of the most popular salad greens in certain areas, but watercress crops grown in the presence of animal waste can be a haven for parasites such as the liver fluke <i>Fasciola hepatica</i> .
148	<i>Neptunia oleracea</i> Loureiro	Phak chet	Widely used in Thailand. Eaten raw with Nam phrik
149	<i>Nymphaea odorata</i>	Fragrant Water Lily	Young leaves were eaten as a vegetable by Native Americans
150	<i>Nymphoides indica</i>	Water Snowflake	Young leaves and stems are edible.
151	<i>Nymphoides peltatum</i>	Yellow floating heart	
152	<i>Ocimum basilicum</i>	Sweet Basil	Used in soups and sauces.
153	<i>O. basilicum</i> var. <i>thyrsiflora</i>	Thai basil	Eaten both raw and cooked
154	<i>Ocimum</i> × <i>citriodorum</i>	Lemon basil	Used throughout Southeast Asia
155	<i>Oenanthe javanica</i>	Water Celery	Used in Southeast Asia and the Far East
156	<i>Oenothera biennis</i>	Common evening primrose	
157	<i>Oenothera hookeri</i>	Hooker's Evening-primrose	Leaves are cooked as greens
158	<i>Onoclea sensibilis</i>	Sensitive fern	It was used as a vegetable by the Iroquois
159	<i>Oroxylum indicum</i>	Pheka	Has edible leaves and stems, eaten especially in Isan (Thailand) and in Laos
160	<i>Oryza sativa</i>	Rice	
161	<i>Osmorhiza aristata</i>		Grows in China and Japan
162	<i>Osmunda cinnamomea</i>	Cinnamon fern	
163	<i>Osmunda claytoniana</i>	Interrupted fern	
164	<i>Oxalis acetosella</i>	Common wood sorrel	Oxalis species contain oxalic acid and should not be eaten for long periods in large quantities. If possible, they should be eaten after boiling and disposing of the water
165	<i>Oxalis corniculata</i>	Creeping woodsorrel	
166	<i>Oxalis deppei</i>	Iron Cross	Popular as a vegetable in Mexico for its sharp, lemony taste
167	<i>Oxalis oregana</i>	Redwood sorrel	
168	<i>Oxalis stricta</i>	Common yellow woodsorrel	
169	<i>Oxalis tuberosa</i>	Oca	
170	<i>Oxalis violacea</i>		

171	<i>Oxyria digyna</i>	Mountain sorrel	
172	<i>Pachira aquatica</i>	Money tree	
173	<i>Pachira insignis</i>		
174	<i>Paederia foetida</i>		
175	<i>Parkia biglandulosa</i>		
176	<i>Parkia speciosa</i>	Petai	
177	<i>Parkinsonia florida</i>	Blue Palo Verde	
178	<i>Pastinaca sativa</i> subsp. <i>sativa</i>	Parsnip	
179	<i>Patrinia scabiosifolia</i>	Golden lace	
180	<i>Patrinia villosa</i>		
181	<i>Paulownia tomentosa</i>	Empress tree	
182	<i>Pedaliium murex</i>	Burra Gookeroo	Mucilaginous
183	<i>Peperomia pellucida</i>	Clearweed	
184	<i>Pereskia aculeata</i>	Barbados Gooseberry	
185	<i>Pergularia daemia</i>		
186	<i>Perilla frutescens</i>	Perilla	
187	<i>Persicaria hydropiper</i>	Water pepper	The leaves of a cultivar of this plant are eaten in Japan
188	<i>Persicaria vulgaris</i>		
189	<i>Petasites frigidus</i>	Arctic butterbur	
190	‘‘ <i>Petroselinum crispum</i> ’’	Parsley	Only eaten as garnish, not in large quantities
191	<i>Peucedanum ostruthium</i>		
192	<i>Phaseolus coccineus</i>	Runner Bean	
193	<i>Phaseolus lunatus</i>	Lima Bean	
194	<i>Phaseolus vulgaris</i>	Bean	
195	<i>Phragmites australis</i>	Common Reed	
196	<i>Phyla scaberrima</i>	Rough fogfruit	
197	<i>Phyllanthus acidus</i>	Star Gooseberry	
198	<i>Phyllanthus emblica</i>	Myrobalan	
199	<i>Phyteuma orbiculare</i>	Round-headed rampion	
200	<i>Phytolacca acinosa</i>	Indian Pokeberry	
201	<i>Phytolacca acinosa</i> var. <i>esculenta</i>		



202	<i>Phytolacca americana</i>	American Pokeweed	
203	<i>Phytolacca dioica</i>	Bella Sombra	
204	<i>Phytolacca rivinoides</i>	Deer calalu	
205	<i>Pimpinella anisum</i>	Aniseed	
206	<i>Pimpinella saxifraga</i>	Burnet Saxifrage	
207	<i>Pinus densiflora</i>	Japanese Red Pine	
208	<i>Piper auritum</i>	Mexican Pepperleaf	Known as Hoja santa (Holy Leaf). Aromatic herb with a heart-shaped, velvety leaf often used in Mexican cuisine for tamales and sauces.
209	<i>Piper guineense</i>	West African Pepper	
210	<i>Piper sarmentosum</i>	Cha-phlu	Popular in Thailand in Miang kham
211	<i>Pipturus argenteus</i>	Queensland grass-cloth plant	
212	<i>Pisonia grandis</i>	Tree lettuce	The leaves are traditionally used as a leaf vegetable in some countries. Traditionally eaten by Maldivians in Mas huni.
213	<i>Pistacia chinensis</i>	Chinese Pistache	
214	<i>Pistacia terebinthus</i>	Terebinth	
215	<i>Pistia stratiotes</i>	Water Lettuce	
216	<i>Pisum sativum</i>	Garden Pea	
217	<i>Plantago coronopus</i>	Buckshorn plantain	Some people may be allergic to this plant.
218	<i>Plantago lanceolata</i>	Long-leaved Plantain	
219	<i>Plantago major</i>	Broad-leaved Plantain	
220	<i>Plantago maritima</i>		
221	<i>Pluchea indica</i>		
222	<i>Podophyllum hexandrum</i>	Himalayan mayapple	
223	<i>Poliomintha incana</i>		
224	<i>Polygonum aviculare</i>	Knotweed	
225	<i>Polygonum bistorta</i>	Bistort	
226	<i>Polygonum bistortoides</i>	American Bistort	
227	<i>Polygonum punctatum</i>		
228	<i>Polygonum viviparum</i>	Alpine bistort	

229	<i>Poncirus trifoliata</i>	Trifoliolate orange	
230	<i>Pontederia cordata</i>		
231	<i>Portulaca oleracea</i>	Common purslane	Popular in Greek cuisine
232	<i>Portulaca pilosa</i>		
233	<i>Portulacaria afra</i>	Elephant Bush	
234	<i>Primula veris</i>	Cowslip	
235	<i>Primula vulgaris</i>	Primrose	
236	<i>Pringlea antiscorbutica</i>	Kerguelen cabbage	Its leaves contain a Vitamin C-rich oil, a fact which, in the days of sailing ships, made it very attractive to British sailors suffering from scurvy
237	<i>Prosopis spicegera</i>		
238	<i>Prunella vulgaris</i>		
239	<i>Psoralea esculenta</i>	Prairie turnip	The prairie turnip is a legume that was often used by American Indians located in the Great Plains. Roots of the legumes provide a valuable source of protein, minerals, and carbohydrates. Most turnips have white skin and the portion of the plant that is seen above the ground is purple, red, or green in color. The root below the surface is known as the taproot and is usually around 5-20 centimeters in diameter.
240	<i>Pteris ensiformis</i>		
241	<i>Ptychosperma elegans</i>		
242	<i>Pulicaria odora</i>		
243	<i>Pulmonaria officinalis</i>	Lungwort	
244	<i>Puya caerulea</i>		
245	<i>Puya chilensis</i>		
246	<i>Pyrus betulaefolia</i>	Birch-Leaved Pear	
247	<i>Ranunculus ficaria</i>	Lesser celandine	
248	<i>Raphanus raphanistrum</i>	Wild radish	
249	<i>Raphanus raphanistrum</i> ssp. <i>landra</i>		
250	<i>Raphanus raphanistrum</i> ssp. <i>maritimus</i>		
251	<i>Raphanus sativus</i>	Radish	
252	<i>Raphanus sativus</i> var. <i>longipinnatus</i>	Chinese radish	
253	<i>Raphia hookeri</i>	Raffia palm	
254	<i>Reichardia picroides</i>	French	

		Scorzonera	
255	Rhamnus dahurica		
256	Rheum rhabarbarum		
257	Rheum tataricum		
258	Rhexia virginica	Meadow beauty	
259	Rhodiola rosea	Roseroot	
260	Rhododendron arboreum		
261	Rhopalostylis sapida	Nikau	
262	Ribes cereum		
263	Ribes divaricatum		
264	Ribes nigrum	Blackcurrant	
265	Ribes odoratum		
266	Rorippa indica		
267	Rorippa islandica		
268	Rosa multiflora	Seven Sisters Rose	
269	Roystonea elata		
270	Roystonea oleracea		
271	Rubus rosaefolius		
272	Rumex acetosa	Sorrel	Many species of Rumex are edible, but they contain a relatively high proportion of oxalic acid. Raw leaves should be eaten sparingly and leaves should preferably be used after boiling and disposing of the water.
273	Salicornia europaea	Glasswort	Glasswort is a leafless plant with jointed stems that are a light green color in the summer and a red color in the fall. There are very small flowers within the segmented portions of the plant. The plant is found in coastal salt marshes and alkaline soils within south Nova Scotia and Eastern and central North America. The stems have a salty flavor and can be harvested to be used in salads, as a puree, or as a pickled condiment.
274	Salix babylonica	Weeping Willow	
275	Salix daphnoides		
276	Salix gracilistyla	Rosegold pussy willow	
277	Salsola kali	Saltwort	
278	Salsola komarovi	Land Seaweed	
279	Salsola soda	Opposite leaved saltwort	
280	Salvadora persica	Toothbrush tree	
281	Sambucus javanica		
282	Sambucus sieboldiana		
	Sanguisorba		

283	canadensis		
284	Sanguisorba minor	Salad Burnet	
285	Sanguisorba officinalis	Great Burnet	
286	Sassafras albidum	Sassafras	
287	Sauropus androgynus	Katuk	A traditional vegetable in some tropical countries that should be consumed in moderate quantities due to the presence of papaverine
288	Saxifraga pensylvanica	Eastern Swamp Saxifrage	The Cherokee traditionally ate the leaves raw as greens
289	Saxifraga stolonifera	Creeping Rockfoil	Occasionally used fresh or cooked in Japanese cuisine
290	Schleichera oleosa		
291	Scolymus hispanicus	Tagarnina	Edible thistle. Popular in Southern Spanish cuisin
292	Scolymus maculatus	Spotted golden thistle	
293	Scorzonera hispanica	Scorzonera	
294	Scutellaria baicalensis	Baikal Skullcap	
295	Sechium edule	Chayote	
296	Sedum anacampseros	Love-restorer	All stonecrops (Sedum) are edible, but are generally mediocre food.
297	Sedum divergens	Spreading stonecrop	Traditional salad vegetable of the Haida and the Nisga'a people of Northwest British Columbia.
298	Sedum reflexum	Jenny's stonecrop	Occasionally used as a salad leaf or herb in Europe.
299	Sedum rhodanthum	Rose crown	
300	Sedum telephium	Livelong	
301	Senna occidentalis	Digutiyara	Traditionally eaten in the Maldives in Mas huni. Leaves are finely chopped.
302	Senna siamea	Cassod Tree	Used in Thai cuisine in a curry named Kaeng khilek. Leaves are boiled and strained and the water discarded.
303	Sesamum alatum	Sésame de gazelle	Eaten in dry regions of Africa like Chad as a vegetable. Considered as famine food in some areas
304	Sesamum indicum	Sesame	
305	Sesamum radiatum	Benniseed	Fresh leaves and young shoots are a popular leafy vegetable in Africa
306	Sesbania grandiflora	West Indian pea	
307	Sesbania sesban	Sesban	
308	Sesuvium portulacastrum	Sea Purselane	
309	Setaria palmifolia	Palm-grass	
310	Sicyos angulatus		
311	Sida rhombifolia	Arrowleaf sida	

312	<i>Sidalcea neomexicana</i>		
313	<i>Silaum silaus</i>	Pepper saxifrage	Despite the name, it is neither a saxifrage nor peppery in taste
314	<i>Silene acaulis</i>	Moss campion	
315	<i>Silene vulgaris</i>	Bladder Campion	Collejas; a traditional green in Manchego cuisine, Spain
316	<i>Silybum marianum</i>	Blessed milk thistle	
317	<i>Sinapis alba</i>	White Mustard	
318	<i>Sinapis arvensis</i>	Charlock	
319	<i>Sisymbrium altissimum</i>		
320	<i>Sisymbrium crassifolium</i>		
321	<i>Sisymbrium irio</i>	London rocket	
322	<i>Sisymbrium officinale</i>	Hedge mustard	
323	<i>Sium cicutaefolium</i>		
324	<i>Smyrnum olusatrum</i>	Alexanders	
325	<i>Solenostemon rotundifolius</i>	Chinese potato	
326	<i>Solidago missouriensis</i>		
327	<i>Sonchus arvensis</i>	Field sow- thistle	
328	<i>Sonchus asper</i>	Spiny-leaved sow thistle	
329	<i>Sonchus oleraceus</i>	Sow Thistle	
330	<i>Sophora japonica</i>	Pagoda-tree	
331	<i>Spathiphyllum phrynifolium</i>		
332	<i>Sphenoclea zeylanica</i>		
333	<i>Sphenostylis stenocarpa</i>		
334	<i>Spilanthes acmella</i>	Toothache Plant	
335	<i>Spinacia oleracea</i>	Spinach	Spinach contains a certain proportion of oxalic acid. Raw leaves should be eaten sparingly. In dishes that include large quantities, leaves should preferably be used after boiling and disposing of the water.
336	<i>Spirodela polyrhiza</i>	Greater Duck- weed	
337	<i>Spondias dulcis</i>	Otaheite Apple	
		Yellow	

338	<i>Spondias mombin</i>	mombin	
339	<i>Spondias purpurea</i>	Jocote	
340	<i>Stanleya pinnatifida</i>		
341	<i>Stellaria media</i>	Common Chickweed	
342	<i>Stenochlaena palustris</i>		
343	<i>Sterculia foetida</i>		
344	<i>Sterculia tragacantha</i>		
345	<i>Strychnos spinosa</i>	Natal orange	
346	<i>Suaeda maritima</i>	Sea Blite	
347	<i>Symphytum officinale</i>		
348	<i>Symphytum uplandicum</i>		
349	<i>Synedrella nodiflora</i>		
350	<i>Syzygium malaccense</i>	Malay apple	
351	<i>Syzygium polycephalum</i>		
352	<i>Talinum paniculatum</i>	Jewels of Opar	
353	<i>Talinum portulacifolium</i>		
354	<i>Talinum triangulare</i>		
355	<i>Tanacetum vulgare</i>	Tansy	
356	<i>Taraxacum albidum</i>		
357	<i>Taraxacum officinale</i>	Dandelion	
358	‘‘ <i>Telfairia occidentalis</i> ’’	Fluted gourd	
359	<i>Telosma cordata</i>		
360	<i>Tetracarpidium conophorum</i>		
361	<i>Tetragonia decumbens</i>		
362	<i>Tetragonia implexicoma</i>		
363	<i>Tetragonia tetragonioides</i>	New Zealand Spinach	
364	<i>Thalia geniculata</i>		
365	<i>Thespesia populnea</i>	Portia tree	
366	<i>Thlaspi arvense</i>	Pennycress	

367	Thymus vulgaris	Common Thyme	
368	Tiliacora triandra		
369	Toddalia asiatica		
370	Toona sinensis	Chinese Mahogany	
371	Tordylium apulum		
372	Trachycarpus fortunei	Windmill Palm	
373	Tradescantia virginiana		
374	Tragopogon dubius	Western salsify	
375	Tragopogon porrifolius	Salsify	
376	Tragopogon pratensis	Goat's Beard	
377	Trianthema portulacastrum		
378	Trichodesma zeylanicum		
379	Trifolium hybridum	Alsike Clover	Clover leaves are edible, but should be dipped in salt water before eating or preparation to aid in digestion
380	Trifolium pratense	Red Clover	
381	Trifolium repens	White Clover	
382	Trigonella caerulea	Sweet Trefoil	
383	Trigonella corniculata		
384	Trillium erectum	Wake-robin	
385	Trillium grandiflorum	White trillium	
386	Trillium sessile		
387	Trillium undulatum	Painted trillium	
388	Tropaeolum majus	Garden Nasturtium	
389	Tropaeolum minus	Dwarf Nasturtium	
390	Tropaeolum tuberosum	Mashua	
391	Tulbaghia alliacea		
392	Tussilago farfara	Coltsfoot	
393	Typha capensis		
394	Typha elephantina		
395	Ullucus tuberosus	Ulluco	
396	Ulmus pumila	Siberian elm	

397	<i>Urena lobata</i>	Rose Mallow	
398	<i>Urtica dioica</i>	Stinging Nettle	A good pot herb. Often also used as famine food
399	<i>Urtica urens</i>	Annual Nettle	
400	<i>Valerianella eriocarpa</i>	Italian Corn Salad	
401	<i>Valerianella locusta</i>	Corn Salad	
402	<i>Vallisneria spiralis</i>		
403	<i>Verbena officinalis</i>	European Verbena	
404	<i>Vernonia amygdalina</i>	Bitter leaf	
405	<i>Veronica anagallis-aquatica</i>	Water Speedwell	
406	<i>Veronica beccabunga</i>	Brooklime	
407	<i>Veronicastrum sibiricum</i>		
408	<i>Viola adunca</i>		
409	<i>Viola canadensis</i>	Canada Violet	
410	<i>Viola odorata</i>	Sweet Violet	
411	<i>Viola papilionacea</i>		
412	<i>Viola pedata</i>	Bird's Foot Violet	
413	<i>Viola sororia</i>	Common blue violet	
414	<i>Viola x wittrockiana</i>		
415	<i>Vitex doniana</i>		
416	<i>Vitis amurensis</i>	Amur grape	
417	<i>Vitis californica</i>	California wild grape	
418	<i>Vitis coignetiae</i>		
419	<i>Vitis labrusca</i>	Northern Fox Grape	
420	<i>Vitis munsoniana</i>		
421	<i>Vitis shuttleworthii</i>		
422	<i>Vitis vinifera</i>	Grape	
423	<i>Wasabia japonica</i>	Wasabi	Fresh leaves can be eaten, having the spicy flavor of wasabi roots
424	<i>Wedelia biflora</i> (L.) DC.		
425	<i>Wisteria floribunda</i>	Japanese wisteria	
426	<i>Wolffia arrhiza</i>		
427	<i>Xanthoceras sorbifolium</i>	Yellowhorn	



428	Xanthosoma atrovirens		
429	Xanthosoma brasiliense		
430	Xanthosoma sagittifolium		
431	Xanthosoma violaceum		
432	Ximenia americana		
433	Zanthoxylum piperitum		
434	Zanthoxylum planispinum		
435	Zingiber zerumbet	Awapuhi	

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