

Food Families (Alpha/Numeric) NOTE * one or more plant parts (leaf, root, seed, etc.) used as a beverage.

- 1 ALGAE**
 lemon grass
 agar agar
 carrageen (irish moss)
 *dulce
 kelp (seaweed)
- 2 FUNGI**
 bakers yeast (Red Star)
 brewers or nutritional yeast
 mold (in certain cheeses)
 citric acid (Aspergillus)
 morel
 mushroom
 puffball
 truffle
- 3 HORSETAIL FAMILY**
equisetaceae
 *shavegrass (horsetail)
- 4 CYCAD FAMILY**
Cycadaceae
 Florida arrowroot
 (Zamia)
- 5 CONIFER FAMILY**
Coniferae
 *juniper (gin)
 pine nut
- 6 GRASS FAMILY**
Gramineae
 Barley
 barley grass
 malt
 maltose
 bamboo shoots
 corn (mature)
 corn meal
 corn oil
 cornstarch
 corn sugar
 corn syrup
 cornflour
 hominy grits
 popcorn
- lemon grass
 citronella
 millet
 oat
 oatmeal
 rice
 rice flour
 rye
 sorghum grain
 syrup
 spelt
 sugar cane
 cane sugar
 molasses
 raw sugar
 sweet corn
 teff
 triticale
 triticum vulgare
 wheat
 wheat grass
 bran
 bulgur
 flour
 gluten
 graham
 patent
 whole wheat
 wheat germ
 wild rice
- 7 SEDGE FAMILY**
Cyperaceae
 Chinese water chestnut
 chufa (groundnut)
- 8 PALM FAMILY**
Palmaceae
 coconut
 coconut meal
 coconut oil
 date
 date sugar
 palm cabbage

- sago starch
- 9 ARUM FAMILY**
Araceae
 ceriman (Monstera)
 dasheen(Colocasia)
 arrowroot
 taro (Colocasia)
 arrowroot
 poi
 malanga
 yautia
- 10 PINEAPPLE FAMILY**
Bromeliaceae
 pineapple
- 11 LILY FAMILY**
Liliaceae
 Aloe vera
 asparagus
 chives
 garlic
 leek
 onion
 ramp
 *sarsaparilla
 shallot
 yucca (soap plant)
- 12 AMARYLLIS FAMILY**
Amaryllidaceae
 agave
 mescas
 pulque
 tequilla
- 13 TACCA FAMILY**
Taccaceae
 Fiji arrowroot (Tacca)
- 14 YAM FAMILY**
Dioscoreaceae
 Chinese potato (yam)
 name (yampi)
- 15 IRIS FAMILY**
Iridaceae
 orris root (scent)

- saffron (Crocus)
- 16 BANANA FAMILY**
Musaceae
 arrowroot (Musa)
 banana
 plaintain
- 17 GINGER FAMILY**
Zingiberaceae
 cardamon
 East Indian arrowroot
 ginger
 turmeric
- 18 CANNA FAMILY**
cannaceae
 Queensland arrowroot
- 19 ARROWROOT FAMILY**
marantaceae
 arrowroot (Maranta starch)
- 20 ORCHID FAMILY**
Orchidaceae
 vanilla
- 21 PEPPER FAMILY**
Piperaceae
 peppercorn (Piper)
 black pepper
 white pepper
- 22 WALNUT FAMILY**
Juglandaceae
 black walnut
 butternut
 English walnut
 heartnut
 hickory nut
 pecan
- 23 BIRCH FAMILY**
Betulaceae
 filbert (hazelnut)
 oil of birch (wintergreen)
 (some wintergreen is
 methyl saliclate)
- 24 BEECH FAMILY**
Fagarceae

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chestnut
 chinquapin
25 MULBERRY FAMILY
Moraceae
 breadfruit
 fig
 *hop
 mulberry
26 PROTEA FAMILY
Proteaceae
 macadamia
27 BUCKWHEAT FAMILY
polygonaceae
 buckwheat
 garden sorrel
 rhubarb
 sea grape
28 GOOSE FAMILY
Chenopodiaceae
 beet
 chard
 lamb's quarters
 quinoa
 spinach
 sugar beet
 tampala
29 CARPETWEED FAMILY
Aizoaceae
 New Zealand spinach
30 PURSLANE FAMILY
Portulacaceae
 pigweed (purslane)
31 BUTTERCUP FAMILY
ranunculaceae
 *golden seal
32 CUSTARD-APPLE FAMILY
Annona species
 custard-apple
 pawpaw
33 NUTMEG FAMILY
Myristiaceae

nutmeg
 mace
34 LAUREL FAMILY
Lauraceae
 avocado
 bayleaf
 cassia bark
 cinnamon
 *sassafras
 filé (powdered leaves)
35 POPPY FAMILY
Papaveraceae
 poppyseed
36 MUSTARD FAMILY
Cruciferae
 broccoli
 Brussels sprouts
 cabbage
 cardoon
 cauliflower
 Chinese cabbage
 collards
 colza shoots
 couve tronchuda
 curly cress
 horseradish
 kale
 kohlrabi
 mustard greens
 mustard seed
 radish
 rape
 rutabaga (swede)
 turnip
 upland cress
 watercress
37 CAPER FAMILY
Capparidaceae
 caper
38 BIXA FAMILY
Bixaceae
 annatto

(natural yellow dye)
39 SAXIFRAGE FAMILY
Saxifrgaceae
 currant
 gooseberry
40 ROSE FAMILY
rosaceae
 a) pomes
 apple
 cider
 vinegar
 pectin
 crabapple
 loquat
 pear
 quince
 *rosehips
 b) stone fruits
 almond
 apricot
 cherry
 peach (nectarines)
 plum (prune)
 sloe
 c) berries
 blackberry
 boysenberry
 dewberry
 loganberry
 longberry
 youngberry
 *rasberry (leaf)
 black raspberry
 red raspberry
 purple raspberry
 *strawberry
 wineberry
 d) herb
 burnet
 (cucumber flavour)
41 LEGUME FAMILY
Leguminoseae

*alfala (sprouts)
 beans
 fava
 lima
 mung (sprouts)
 navy
 string (kidney)
 black-eyed pea (cowpea)
 *carob
 carob syrup
 chickpea (garbanzo)
 *fenegreek
 gum acacia
 gum tragacanth
 jicama
 kudzu
 lentil
 *licorice
 pea
 peanut
 peanut oil
 *red clover
 *senna
 soyabean
 lecithin
 soy flour
 soy grits
 soy milk
 soy oil
 tamarind
 tonka bean
 coumerin

42 OXALIS FAMILY

Oxalidaceae
 caramboia
 oxalis

43 NASTURTIUM FAMILY

Tropaeolaceae
 Nasturtium

44 FLAX FAMILY

linaceae

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- *flaxseed
- 45 RUE (CITRUS)FAMILY**
- Rutaceae*
- citron
- grapefruit
- kumquat
- lemon
- lime
- murcot
- orange
- pummelo
- tangelo
- tangerine
- 46 MALPIGHIA FAMILY**
- malpighiaceae*
- acerola (Barbados cherry)
- 47 SPURGE FAMILY**
- Eurphorbiaceae*
- cassava or yucca (Manihot)
- cassava meal
- tapioca
- (Brazilian arrowroot)
- castor bean
- castor oil
- 48 CASHEW FAMILY**
- Anacardiaceae*
- cashew
- mango
- pistachio
- poison ivy
- poison oak
- poison sumac
- 49 HOLLY FAMILY**
- Aquifoliaceae*
- maté (yerba maté)
- 50 MAPLE FAMILY**
- maple sugar
- maple syrup
- 51 SOAPBERRY FAMILY**
- Sapindaceae*
- litchi (lychee)

- 52 GRAPE FAMILY**
- Vitaceae*
- grape
- brandy
- champagne
- cream of tartar
- dried “currant”
- raisin
- wine
- wine vinegar
- muscadine
- 53 LINDEN FAMILY**
- Tiliaceae*
- *basswood (linden)
- 54 MALLOW FAMILY**
- Malvaceae*
- *althea root
- cottonseed oil
- *hibiscus (roselle)
- okra
- 55 STERCULIA FAMILY**
- Sterculiaceae*
- *chocolate (cacao)
- cocoa
- cocoa butter
- cola nut
- 56 DILLENIA FAMILY**
- Dilleniaceae*
- Chinese gooseberry
- (kiwiberry)
- 57 TEA FAMILY**
- Theaceae*
- *tea
- 58 PASSION FLOWER FAMILY**
- Passifloraceae*
- grandadilla (passion fruit)
- 59 PAPAYA FAMILY**
- Caricaceae*
- papaya
- 60 CACTUS FAMILY**
- Cactaceae*

- prickly pear
- 61 POMEGRANATE FAMILY**
- Puniceae*
- pomegranate
- grenadine
- 62 SAPUCAYA FAMILY**
- Lecythydaceae*
- Brazil nut
- sapucaya nut (paradise nut)
- 63 MYRTLE FAMILY**
- Myrtaceae*
- allspice (Pimenta)
- clove
- *eucalyptus
- guava
- 64 GINSENG FAMILY**
- Araliaceae*
- *American ginseng
- *Chinese ginseng
- 65 CARROT FAMILY**
- Umbelliferae*
- angelica
- anise
- caraway
- carrot
- carrot syrup
- celeriac (celery root)
- celery
- *seed & leaf
- chervil
- corriander
- cumin
- dill
- dill seed
- *fennel
- finocchio
- Florence fennel
- *gotu kola
- *lovage
- *parsley
- parsnip

- sweet cicely
- 66 HEATH FAMILY**
- Ericaceae*
- *bearberry
- *blueberry
- cranberry
- *huckleberry
- 67 SAPODILLA FAMILY**
- Sapotaceae*
- chicle (chewing gum)
- 68 EBONY FAMILY**
- Ebonaceae*
- American persimmon
- kaki (Japanese persimmon)
- 69 OLIVE FAMILY**
- oleaceae*
- olive (green or ripe)
- olive oil
- 70 MORNING GLORY FAMILY**
- Convolvulaceae*
- sweet potato
- 71 BORAGE FAMILY**
- Boraginaceae*
- (Herbs)
- borage
- *comfry (leaf & root)
- 72 VERBENA FAMILY**
- Verbenaceae*
- *lemon verbena
- 73 MINT FAMILY**
- Labiatae (Herbs)*
- apple mint
- basil
- bergamot
- *catnip
- *chia seed

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clary
 *dittany
 *horehound
 *hyssop
 lavender
 *lemon balm
 marjoram
 oregano
 *pennyroyal
 *peppermint
 rosemary
 sage
 *spearmint
 summer savory
 thyme
 winter savory
74 POTATO FAMILY
Solanaceae
 eggplant
 ground cherry
 pepino
 (melon pear)
 pepper (Capsicum)
 Bell,sweet
 cayenne
 chili
 paprika
 pimiento
 potato
 tobacco
 tomatillo
 tomato
 tree tomato
75 PEDALIUM FAMILY
Pedaliaceae
 sesame seed
 sesame oil
 tahini
76 MADDER FAMILY
Rubiaceae
 *coffee
 woodruff

77 HONEYSUCKLE FAMILY
Caprifoliaceae
 elderberry
 elderberry flowers
78 VALERIAN FAMILY
Valerianaceae
 corn salad (fetticus)
79 GOURD FAMILY
Cucurbitaceae
 chayote
 Chinese peserving melon
 cucumber
 gherkin
 loofah (Luffa) (Vegetable
 sponge)
 muskmelons
 cantaloupe
 casaba
 crenshaw
 honeydew
 Persian Melon
 pumpkin
 pumpkin seed & meal
 squashes
 acorn
 buttercup
 butternut
 Boston marrow
 caserta
 cocozelle
 crookneck &
 straightneck
 cushaw
 golden nugget
 Hubbard varieties
 pattypan
 turban
 vegetable spaghetti
 zucchini
 watermelon

80 COMPOSITE FAMILY
Compositae
 *boneset
 *burdock root
 cardoon
 chamomile
 *chicory
 coltsfoot
 costmary
 dandelion
 endive
 escarole
 globe artichoke
 *goldenrod
 Jeruselem
 artichoke flour
 lettuce
 celtuce
 pyrethrum
 tomaine
 safflower oil
 salsify (oyster plant)
 saniolina (herb)
 scolymus(Spanish oyster
 plant)
 scorzonera (black salsify)
 southernwood
 sunflower
 sunflower seed, meal,oil
 tansy (herb)
 tarragon
 witloof chicory
 (Frenchendive)
 wormwood (absinthe)
 *yarrow
81 ANIMAL MOLLUSKS
 Gastropods
 abalone
 snail
 Cephalopod
 squid
 Pelecypods

clam
 cockle
 mussel
 oyster
 scallop
82 CRUSTACEANS
 crab
 crayfish
 lobster
 prawn
 shrimp
83 FISHES (saltwater)
84 HERRING FAMILY
 menhaden
 pilchards (sardine)
 sea herring
85 ANCHOVY FAMILY
 anchovy
86 EEL FAMILY
 American eel
87 CODFISH
 cod (scrod)
 cusk
 haddock
 hake
 pollack
88 SEA CATFISH FAMILY
 ocean catfish
89 MULLET FAMILY
 mullet
90 SILVERSIDE FAMILY
 silverside (whitebait)
91 SEA BASS FAMILY
 grouper
 sea bass
92 TILEFISH FAMILY
 tilefish
93 BLUEFISH FAMILY
 bluefish
94 JACK FAMILY
 amberjack
 pompano

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yellow jack		trout species	121 BIRDS
95 DOLPHIN FAMILY	107 WHITEFISH FAMILY	whitefish	121 DUCK FAMILY
dolphin			duck
96 CROAKER FAMILY	108 SMELT FAMILY	smelt	eggs
croaker			goose
drum	109 PIKE FAMILY	muskellunge	eggs
sea trout		pickerel	goose eggs
silver perch	110 SUCKER FAMILY	pike	122 DOVE FAMILY
spot			dove
weakfish (spotted sea trout)	111 MINNOW FAMILY	buffalofish	pigeon (squab)
97 PORGY FAMILY		carp	123 GROUSE FAMILY
northern scup (porgy)		chub	ruffed grouse (partridge)
98 MACKERAL FAMILY	112 CATFISH FAMILY		
abacore		catfish species	124 PHEASANT FAMILY
bonito	113 TEMPERATE BASSES		chicken
mackerel	113 FAMILY	white perch	eggs
skipjack		yellow bass	peafowl
tuna	114 SUNFISH FAMILY	black bass species	pheasant
99 MARLIN FAMILY		sunfish species	quail
marlin		pumpkinseed	125 GUINEA FOWL FAMILY
sailfish		crappie	guinea fowl
100 SWORDFISH FAMILY	115 PERCH FAMILY	sauger	eggs
swordfish		walleye	126 TURKEY FAMILY
101 HARVESTFISH FAMILY		yellow perch	turkey
butterfish	116 CROAKER FAMILY		eggs
harvestfish		freshwater drum	127 MAMMALS
102 SCORPIONFISH FAMILY	117 AMPHIBIANS		128 Opossum
rosefish (ocean perch)		frog (frog legs)	129 Rabbit
103 FLOUNDER FAMILY	117 FROG FAMILY		130 squirrel
dab			131 whale
flounder	118 REPTILES		132 bear
halibut	119 SNAKE FAMILY		133 horse
plaice		rattlesnake	134 hog
sole	120 TURTLE FAMILY		135 caribou
turbot		terrapin	deer
104 FISHES (FRESHWATER)		turtle species	elk
104 STURGEON FAMILY			moose
sturgeon (caviar)			reindeer
105 HERRING FAMILY			venison
shad (roe)			136 antelope
106 SALMON FAMILY			137 BOVINE FAMILY
salmon species			

	Beef
138 OVINE FAMILY	Lamb
	Mutton, sheep
	Goat