Put T&T on your table
Eat healthy food grown Right Here

Vegetables, Root Crops and Herbs grown in TRINIDAD and TOBAGO

50 YEARS OF INDEPENDENCE
TRINIDAD & TOBAGO

Government of the Republic of Trinidad and Tobago
Courtesy of the Ministry of Food Production

Vegetables

Bhagi
(Amaranthus sp.)

Bodi
(Vigna unguiculata)

Broccoli
(Brassica oleracea cv. italica)

Cabbage
(Brassica oleracea)

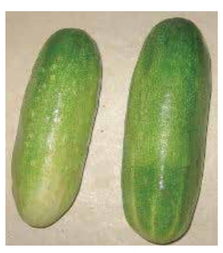
Carailli
(Momordica charantia)

Cauliflower
(Brassica oleracea cv. botrytis)

Choi Sum
(Chinese cabbage)
(Brassica rapa cv. chinensis)

Christophene
(Sechium edule)

Corn
(Zea mays)


Cucumber
(Cucumis sativas)

Dasheen Bush/
Callaloo Bush
(Colocasia esculenta)

Green Fig
(Musa sp.)

Gub Gub
(*Vigna unguiculata)*

Hot Pepper
(Capsicum sp.)

Jack Bean
(Canavalia ensiformis)

Jhingi
(Luffa acutangula)

Lauki
(Lagenaria siceraria)

Lettuce
(Lactuca sativa)

Melongene
(Baigan, Eggplant)
(Solanum melongena)

Moorai
(Mooli)
(*Raphanus sativus)*

Ochro
(Abelmoschus esculentus)

Pakchoy
(Brassica rapa)

Pigeon Pea
(Cajanus cajan)

Pimento Pepper
(Capsicum sp.)

Plantain
(Musa sp.)

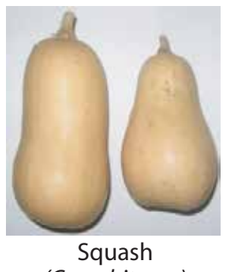
Poi Bhagi
(Basella alba)

Pumpkin
(*Cucurbita moschata)*

Saijan
(Moringa oleifera)

Satputiya
(Luffa cylindrica)

Seim
(Dolichos lablab)


Squash
(Cucurbita sp.)

Sweet Pepper
(*Capsicum annuum)*

Tomato
(Lycopersicon esculentum)

Watercress
(Nasturtium officinale)

Wing Bean
(Tetragonolobus sp.)

Root Crops

Beetroot
(Beta vulgaris)

Cassava
(*Manihot esculenta)*

Cush Cush
(Dioscorea trifida)

Dasheen
(Colocasia esculenta)

Eddoe
(*Colocasia esculenta)*

Ginger
(Zingiber officinale)

Horseradish
(Armoracia rusticana)

Onion
(*Allium cepa)*

Sweet Potato
(Ipomoea batatas)

Tannia
(Xanthosoma sagittifolium)

Topi Tambu
(Calathea allouia)

Turmeric (Hardee)
(Saffron)
(*Curcuma longa)*

Yam
(Dioscorea sp.)

Herbs

Anise Seed
(Pimpinella anisum)

Basil
(Ocimum basilicum)

Bay Leaf
(Pimenta racemosa)

Celery
(*Apium graveolens)*

Chive
(Allium tuberosum)

Curry Leaf
(Murraya koenigii)

Dill
(Anethum graveolens)

Fennel
(Foeniculum vulgare)

Marjoram
(*Origanum majorama)*

Mint
(Mentha x piperita)

Oregano
(*Origanum vulgare)*

Parsley
(Petroselimum crispu)

Rosemary
(*Rosmarinus officinalis)*

Shadon Beni
(Bandania)
(Eryngium foetidum)

Tarragon
(*Artemisia dracunculus)*

Thyme
(Fine)
(Lippia micromara)

Thyme
(French)
(Thymus vulgaris)

Thyme
(Spanish)
(Plectranthus aromaticus)

NOTES:

- For purposes of this chart, crops with seeds such as tomato, cucumber, ochro, pumpkin, melongene and peppers, though technically fruits, are included since they are generally considered as vegetables.
- Sweet potato and cassava rank among the world's 7 most important food crops, along with wheat, rice, maize, potato and barley.
- There are many varieties of some crops such as hot peppers, basil, and mint. Only the most common are shown.
- Only the more commonly grown crops are included in this chart. Therefore those such as lima beans, black eye, mung bean/bean sprouts and urdi are excluded.

Acknowledgements: (1) Nasser Khan, Researcher and Producer (2) First Citizens, Original Sponsors
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