



Planificación de un jardín de cultivos tradicionales en el Norte de Florida (Zonas 8b y 9a)



Common Name	Other Names	E	F	M	A	M	J	J	A	S	O	N	D
Sábila <i>Aloe vera</i>	Aloe (English), 芦荟 (lú huì, Mandarin), अगरू (agaroo, Hindi), કુંવર (kunvāra, Gujarati), dacar cas (Somali), sábila (Swahili), نبات الصبار (nabat alsabar, Arabic)												
Laurel <i>Laurus nobilis</i>	Bay leaf or sweet bay (English), Feuille de laurier (French), 月桂叶 (yuè guì yè, Mandarin), बे पत्ती (Be Pattee, Hindi), અટકાય વગરનુ (Aṭkāyā vagaranu, Gujarati), Majani ya Bay (Swahili)												
Melón amargo <i>Momordica charantia</i>	Bitter melon, balsam pear, goya melon, or bitter squash (English), 苦瓜 (kǔ guā, Mandarin), करेला (karela, Hindi), الحنظل (alhanzil, Arabic)												
Frijol de vaca <i>Vigna unguiculata</i>	Black-eye peas, cowpea, southern pea or field pea (English), 扁豆 (méi dòu, Mandarin), imbumba (Zulu), pois à vache (French), dinawa (Setswana)												
Col China <i>Brassica rapa subsp. chinensis</i> L.	Bok Choi (English), 白菜 (bái cài, Mandarin), chou de Pékin (French), ઢાંડોન મૂળ (Hāya cōT, Gujarati)												
Yuca <i>Maniotea esculenta</i>	Cassava (English), Aipim or mandioca (Portuguese), muhogo (Swahili, Africa), manioc, yuca, tapioca or guacamote (Spanish), 木薯 (mù shǔ, Mandarin), umdumbula (Zulu, Africa)												
Amaranto africano <i>Celosia sp.</i>	Cockscomb, wool flower, or quail grass (English), 鸡冠花 (jī guān huā, Mandarin), mfungu (Swahili), soko yokoto (Nigeria)												
Chaya <i>Cnidocolus sp.</i>	Chaya col, chaykeken, or kikilchay (Mayan, Central America), Mayan tree spinach (English)												
Chayote <i>Sechium edule</i>	Custard marrow or Buddha's hand (English), mirliton (Cajun, Haitian Creole), choko (Australia), xuxu (Brazil), chu chu (Jamaica), 佛手瓜 (fó shǒu guā, Mandarin)												
Col forrajera <i>Brassica oleracea</i>	Borecole, flowering kale or fodder kale (English), 宽叶羽衣甘蓝 (kuān yè yǔ yī gān lán, Mandarin), kola (Swahili), couve (Brazil and Portugal), kovi or kobi (Spanish), haak (Kashmir), sukuma wiki (East Africa), col forrajera, kovi or kobi (Spanish), haak (Kashmir), sukuma wiki (East Africa)												
Papas de colores <i>Solanun tuberosum</i>	Colorful potatoes (English), papa (Quechua, Peru), pomme de terre (French), रंगीन आलू (rangin aloo, Hindi), રંગબેરંગી બટાકા (rangabēraṅgī batāṭā, Gujarati), الطماطس (albatitis, Arabic), 七彩马铃薯 (qī cǎi mǎ líng shǔ, Mandarin)												
Nabo <i>Raphanus sativus longipinnatus</i>	Daikon radish (English), 长白萝卜 (cháng bái luó bǔ, Mandarin), मूली (Muli, Hindi), ઢાંડોન મૂળ (dā'ikōna mūlō, Gujarati), Dabocase (Somali)												
Higo <i>Ficus sp.</i>	Figure (French), Fig (English), 无花果 (wú huā guǒ < Mandarin), अजीर (anjeer, Hindi), ફિગ (phiga, Gujarati), Matunda ya Mtini (Swahili), تين (teen, Arabic)												
Cebolla china <i>Allium tuberosum</i>	Garlic chives, Chinese leeks or oriental garlic (English), 韭菜 (jiǔ cài, Mandarin), हरा लहसुन (Hara lehsun, Hindi), લાસણ ચવિસ (Lasāṇa civsa, Gujarati), toon (Somali), maroi nakuppi (Manipuri, India)												

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Jengibre <i>Zingiber sp.</i>	姜 (jiāng, Mandarin), gingembre (French), अदरक (Adrak,Hindi), અદુ (Ādu,Gujarati), Tangawizi (Swahili) Sinjibiisha (Somali), زنجبيل (zanjabil, Arabic), Ginger (English)												
Melón africano <i>Cucumis metuliferus</i>	Kiwano, African horned cucumber, horned melon or jelly melon (English), 非洲角黃瓜 (fēi zhōu jiǎo huáng guā, Mandarin), gaka or gakahika (Southern Africa)			  									
Lavanda <i>Lavandula angustifoli</i>	Lavande (French), 薰衣草 (xūn yī cǎo, Mandarin), લવંડર (Lavaṇḍara, Gujarati), الخزامى (alkhuzamma, Arabic), lavender (English)									 			
Espinaca china <i>Basella sp.</i>	Malaber, ceylon spinach or Indian spinach (English), 锡兰菠菜 (xī lán bō cài, Mandarin), મલબાર પાલક (Malabāra pālaka, Gujarati)			 									
Menta <i>Mentha sp.</i>	Mint (English), menthe (French), 薄荷 (báo hé, Mandarin), टकसाल के पत्ते (Taksal ke patte, Hindi), મુદ્દ-ન (Phudīnā, Gujarati), Mnanaa (Swahili), Reexaanta (Somali)	 											
Mizuna <i>Brassica juncea</i>	Japanese mustard or potherb mustard (English), 水菜 (shuǐ cài, Mandarin), મિઝુન (Mijhunā, Gujarati), ミズナ (kyona, Japan)		 						 				
Espinaca egipcia <i>Corchorus olitorius</i>	Molokhiya, Egyptian spinach or Jew's Mallow (English), 埃及菠菜 (ái jí bō cài, Mandarin), corète potagère or chanvre du bengale (French), kren-kre (Sierra Leone), ewedu (Yoruba), Ademe ewe or Ayoyo (Ghana)			 									
Uvas de pantano <i>Vitis rotundifolia</i>	Grain de raisin (French), muscadine grapes (English), મસ્કૈડને અંગૂર (Maskaidin Angoor, Hindi), મસ્કાદીના દ્રાક્ષ (Maskāḍīna drākṣa Gujarati), Zabibu ya Muscadine (Swahili), Canabka Muscadine (Somali), 麝香葡萄 (shè xiāng pú tao, Mandarin), عناب (einab, Arabic)		 										
Mostaza <i>Brassica juncea</i>	Chinese mustard, Indian mustard or mustard greens (English), 芥末 (jiè mò, Mandarin), khardal (Somali), haradali (Swahili), rayo (Nepali)	 							 				
Nopal <i>Opuntia sp.</i>	Prickly pear cactus (English), sabra (Hebrew), cactus du figue barbarie (French, Haiti), Kāñtādāra pi'ara (કાંતદાર પીંચિર (Gujarati)			 									
Okra <i>Abelmoschus esculentus</i>	Gumbo (Wolof, West Africa), ladyfingers (English), 秋葵, 羊角豆 (yáng jiǎo dòu, Mandarin), भंडी (Bhindi, Hindi), Bamia (Swahili and Arabic), Quingombó (Spanish), Okra (Yoruba, West Africa)			 									
Aceituna <i>Olea europaea</i>	जैतून (jaitoon, Hindi), ઓલિવ (Ōliva, Gujarati), Saytuunka (Somali), matunda ya zaituni (Swahili), زيتون (zaytoon, Arabic), 橄榄 (gǎn lǎn, Mandarin), Olive (English)												
Orégano <i>Origanum vulgare</i>	Origan (French), wild marjoram (English), 牛至 (niú zhì, Mandarin), الزعتر البري (alzaetar albariyu, Arabic)	 									 		
Perejil <i>Petroselinum crispum</i>	Persil (French), 香菜 (Xiangcai, Mandarin), بقدونس (baqdwns, Arabic), अजमोद (Ajamod, Hindi), કોથમર (Kōthamarī, Gujarati), parsley (English)	 									 		
Gandul <i>Cajanus cajan</i>	Pigeon peas (English), तूर (toor, Hindi), 印度的)木豆 (yīn dù de, Mandarin), કબૂતરા વટાણા (Kabūṭara vaṭāṇā, Gujarati), mbaazi ya njiwa (Swahili), digir xamaam (Somali)			  									
Granada <i>Punica granatum</i>	Pomegranate (English), 石榴 (shí liú, Mandarin) अनार (Annar, Hindi), દાડમ (Dāḍama, Gujarati), Makomamanga (Swahili), rummaanka (Somali), رمان (rumaan, Arabic)	 											
Flor de Jamaica <i>Hibiscus sabdariffa</i>	Roselle, Florida cranberry or Indian sorrel (English), 洛神花 (luò shén huā, Mandarin), રોઝેલ (Rōjhēla, Gujarati), کركديه (karkadeh, Arabic), isápá (Yoruba), yakuwa (Hausa)	  											

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Romero <i>Salvia rosmarinus</i>	Romarin (French), 迷迭香 (mí dié xiāng, Mandarin), إكليل الجبل (iiklil aljabal, Arabic), rosemary (English)	 									 		
Hongo shiitake <i>Lentinus edodes</i>	Shiitake mushroom (English), Black forest mushroom, 香菇 (xiāng gū, Mandarin), શિતકે મશરૂમ (Šitākē mašārūma, Gujarati), likaha shiitake (Somali), Uyoga wa Shiitake (Swahili)												
Camote <i>Ipomoea batatas</i>	Batata (Hebrew), sweet potato (English), cumar (Quechua, Peru), patate douce (Cajun), 甘薯 (gān shǔ, Mandarin), शकरकंद (shakarkand, Hindi), શકરકંદ (Šakkariyā, Gujarati), mitatis (Ethiopia)												
Estragón <i>Tagetes lucida</i>	Mexican mint marigold (English), yauhtli (Central America), 龙蒿 (lóng hāo, Mandarin), tarragon (English)	  								  			
Tomillo <i>Thymus vulgaris</i>	百里香 (bǎi lǐ xiāng, Mandarin), अजवायन के फूल (Ajavaayan ke phool, Hindi), થાઈમ (Thā'ima, Gujarati), thyme (English)	  									 		
Tomate milpero <i>Physalis ixocarpa</i>	Chinese lanterns or ground cherry (English), tomate milpero (Spanish), 粘果酸浆 (zhān guǒ suān jiā, Mandarin), Tomatillo (English)	 											
Cúrcuma <i>Curcuma longa L.</i>	हल्दी (Haldee, Hindi), Turmeric (English), Safran des Indes (French), હાલદારા (Haladara, Gujarati), Manjano (Swahili), Huruud (Somali), كركم (kurkum, Arabic), 姜黄 (jiānghuáng, Mandarin)				 								

Leyenda



semillas de siembra
directa en el suelo



sensible a las heladas



divisiones o retoños de
la planta madre



propagar en interiores
en macetas



esquejes de la
planta madre



plantar en bandejas y
transplantar las plántulas



enterrar rizomas o
raíces bajo el suelo



inocular troncos
al aire libre



siembra



cosecha

P= Perennes, A= Anuales, B= Bianuales



Los datos presentados se basan en investigaciones realizadas por la Dra. Mirian M. Hay-Roe y por información recopilada de agricultores, socios, expertos en el área de el condado de Alachua. Podría ocurrir variaciones en siembra o cosecha según la variedad de semillas, zonas agrícolas, clima, suelo y otras variables ecológicas.

Para obtener más información y recursos sobre la siembra de alimentos tradicionales en su área, visite FloridaHeritageFoods.com