

113

Banana



Elongated edible fruit
Latin "Musa"

Edible Parts



The fruit after peeling



Vitamin B6, Vitamin C, Magnesium and dietary fiber. Help reduce swelling, protect against developing Type 2 diabetes, aid in weight loss, strengthen nervous system, help with production of white cell blood.

Other uses



Fiber
Banana wine
Banana beer



36

Chia



Edible seeds of *Salvia Hispanica*

Edible Parts



The seeds



B Vitamins, thiamine, niacin, riboflavin, folate, protein, magnesium, phosphorous, Omega-3s. High in antioxidants.

Other uses



In bread



120

Chilli Pepper



Species of plant genus
Capsicum Annum

Edible Parts

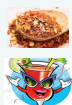


The fruit



Vitamin C, B6, K1, Potassium, Copper, Vitamin A. Sinapic acid as antioxidant and ferulic acid against chronic diseases.

Other uses



As a spice in a variety of foods.
In a variety of drinks.



134

Cucumber



Fruit that is used as a vegetable "*Cucumis sativus*"

Edible Parts



The Fruit



Cucumbers contain Vitamins B6, C, K, Niacin, Thiamine, Folate, Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc.

Other uses



Treat eye puffiness



36

Chia

 It takes from 3-14 days to grow.

 Plant in full sunlight

 Keep medium moist, water every day

 Plant in spring

 Before it is too brown

 Well drained soil

 Grown southeastern of US

 **60**  **154**

113

Bananas

 It takes from 9-12 months for a banana to harvest from sowing

 Plant in full sunlight

 4-6 inches of water per week

 Plant in spring and summer

 Size is not a good indicator. 75-80 days after flower production


 Rich well drained soil


 Can be grown all over Europe


 **75**  **152**


134


Cucumber


 Depends on variety, weather conditions, nutrients etc, usually 55-70 days after germination.


 Full sunlight for at least 6h per day



 One inch of water per week

 When soil has warmed (late spring or early summer)

 When size and colour match its variety


 Fast-draining, loamy, fertile with 5.5-7.0 pH


 Can be grown wherever there is sunlight in fertile soil


 **121** **118**  **48** **91** **99** **158**


120


Chilli Pepper


 It takes from 60-150 days. For sweeter 60-90 for maturation.


 Plant in full sunlight



 Evenly moist start then re-plant in well drained

 Late winter (indoor) - middle spring (take outdoor)

 Before the first frost

 Beds of fertile, moist, well drained

 In any warm and dry climate

 **60**  **130**


71

Green beans



Phaseolus Vulgaris is a herbaceous annual plant

Edible Parts

 Dry seeds or unripe fruit



Vitamin A, B6, C, K, Folate, Niacin, Thiamine, Riboflavin, Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Zinc, Fluoride.

Other uses They can be used in soups, sandwiches and salads.




8

Pomelo



"*Citrus Maxima*" grows on trees

Edible Parts

 The fruit



Vitamin C, B6, Thiamine, Niacin, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc . Also helps regulate blood pressure

Other uses Can make lovely juice or be used in salad




15

Oregano



"*Origanum vulgare*" is a flowering plant in the mint family

Edible Parts

 Its leaves (dried as a herb or fresh)



Fresh as antibacterial agent and source of fiber, vitamin K, manganese, iron, Vitamin E, tryptophan and calcium.

Other uses Oregano oil



141

Mango



"*Mangifera indica*" is a stone fruit.

Edible Parts

 The fruit



Fresh mango contains a variety of nutrients, but only vitamin C and folate are in significant amounts of the Daily Value as 44% and 11%, respectively.

Other uses Mango is widely used in cuisine and to make juices, smoothies, ice cream, fruit bars.



8

Pomelo



The largest citrus fruit from the family Rutaceae



Full or partial sunlight



Watering once a week, should be consistent and deep.



From December - February



Late Autumn



From coarse sand to heavy clay



Best to grow in mediterranean and warmer climates



62



71

Green Beans



Their native area is Peru and Central America



Full sunlight



Soil should always be moist (1 inch per week)



From April-August



At physiological maturity (55 days after planting in spring)



Moderately rich 6.0-6.2pH



Can grow worldwide



120



141

Mango



The mango fruit takes three to five months to ripen after the tree has flowered.



Full sunlight



Water regularly but do not leave the plant to sit with "wet feet" in soggy soil.



Mid autumn or beginning of spring



End of spring until mid-autumn



Rich, well-draining



Best to grow in most frost-free tropical and warmer subtropical climates



28



15

Oregano



Best right before it flowers in late spring, flavor at its peak.



Full or partial sunlight



Water needed only when soil is dry to the touch



When planting from seed, outdoors 6 weeks before frost June (or before flowers)



Light, well drained



Best to grow in mediterranean and warmer climates



120



144


148

Passion fruit

"Passiflora edulis" is a vine species of passion flower.



Edible Parts

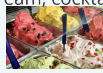
 The fruit



Fresh passion fruit contains vitamin C, dietary fiber, B vitamins riboflavin and niacin, iron and phosphorus.

Other uses

It is used principally for its juice, to prepare desserts such as passion fruit mousse, ice cream, cocktails.



127

Mandarin

"Citrus reticulata" is a small citrus tree with fruit resembling other oranges.



Edible Parts

 The fruit



Contains Vitamins A, B, and a high level of Vitamin C, a powerful antioxidant that neutralizes free radicals, prevents infections, cramps and vomiting.

Other uses

It is used principally for its juice. The peel can be used as a spice for cooking, baking, drinks, or candy.




99

Nasturtium

"Tropaeolum" is a genus of annual and perennial herbaceous flowering plants.



Edible Parts

 The flower



It contains high levels of vitamin C. It has the ability to improve the immune system, tackling sore throats, coughs, and colds, as well as bacterial and fungal infections.

Other uses



Great garnish
Insect pest repellent
Living Mulch



78

Jerusalem artichoke

"Helianthus tuberosus" is also called sunroot, sunchoke, or earth apple.



Edible Parts

 The tuber



It is rich in iron which gives energy, along with potassium and vitamin B1, which support muscles and nerves.

Other uses



It is used in making pickles, relishes, and dietary preparations.



127

Mandarin



It may take four to seven years to flower and fruit.



Full sun or partial shade
During summer at a rate of between 4 and 6 inches of water per month.
During dry weather, water every seven to 10 days.



Winter
End of autumn and beginning of winter



Sandy, well-drained soil with a neutral pH level



Best to grow in subtropical climate



89 118



42 123 93 99

148

Passion fruit



It takes 18 months to two years to flower and fruit.



Full sun except in very hot areas, where partial shade is preferable.
Water deeply a couple of times a week, depending on weather conditions and climate.



Mid-spring and mid-summer
Fruits ripen at different times of the year in regard to planting zone



Rich in organic matter, well-drained



Best to grow in subtropical and temperate climates



35 19



151 41 49 93

78

Jerusalem artichoke



It takes from two to three weeks.



Full sun to partial shade
Regular supply of water but it can survive long periods of drought once established



Two to three weeks before the average last frost date in spring
Around late autumn and mid-winter



Loose, fertile soil



Best to grow in cooler climates.



128 159



134 86 34 57

99



Nasturtium

It takes between 35 and 52 days to flower.



Full sun



Water given once or twice weekly



Five to six weeks before the last spring frost
May to September



Average, medium moisture, well-draining
Best to grow in Mediterranean and temperate climates



158 77



134 27

64

Kale



"Brassica oleracea" also called leaf cabbage, belongs to a group of cabbage.

Edible Parts



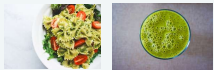
The leaves



A rich source of vitamin A, vitamin C, B6, folate, and manganese. It helps also to lower cholesterol, prevent cancer and lose weight by filling you up with a high water content but few calories.

Other uses

It is used in salads, soups, smoothies, noodles and pesto.



92

Savory



"Satureja montana" Perennial
"Satureja hortensis" Annual

Edible Parts



The leaves

The stems



It has carminative and digestive properties as well as anti-diarrheal, antispasmodic, and antibacterial activity.

Other uses

The herbaceous parts of the stems and leaves of this species are used in the food, medical, and pharmaceutical industries.



85

Saffron



"Crocus sativus" is a species of flowering plant of the Crocus genus in the iris family Iridaceae.

Edible Parts



The flower



It is a powerful spice high in antioxidants. It has been linked to health benefits, such as improved mood, libido, and enhanced weight loss.

Other uses

The dried stigmas (thread-like parts of the flower) are used to make saffron spice.



106

Chenopod



"Chenopodium" is a genus of numerous species of perennial or annual herbaceous flowering plants known as the goosefoots.

Edible Parts



The leaves



The seeds



It is a rich source of protein, calcium, phosphorus and vitamin A and C.

Other uses

It is used in the food, medical, and pharmaceutical industries.



92



Savory

It takes from 7 to 14 days

 Full sun

 It requires regular even watering until established. Once savory is established it can be kept on the dry side.

 In spring about the time of the average last frost date.

 Wait until your summer savory is at least 6 inches tall to harvest.

 Well-drained soil

 Best to grow in Mediterranean climate


154 135

49 110

64



Kale

It takes from 55 to 75 days to mature

 Full sun to partial shade

 Well watered for sustained growth and to keep leaves from getting too tough

 Start spring seeds indoors +/- 6 weeks before the last frost

 In cool-summer regions: summer to early fall. In warm- and hot-summer regions late fall or winter. In mild-winter regions in winter.

 Rich, well-drained soil

 Best to grow in cooler climates.


100 26

49 91

106



Chenopod

It grows up quickly, usually after 8 days

 Full sun

 Regular especially in high temperatures

 Autumn and Winter

 From May until July.

 Rich in organic matter and sandy soil

 Best to grow in cooler climate


20 26

48 134 3

85



Saffron

It takes from 6 to 10 weeks.

 Full sun

 Water during active growth periods, usually supplied by rainfall

 From July until mid September

 During October, pick and collect in early morning when flower is still closed.

 Rich, well-drained soil

 Best to grow in Mediterranean climate.


154 140

89 156 3

57

Chicory



"Cichorium intybus" is a somewhat woody, perennial herbaceous plant of the dandelion family Asteraceae.

Edible Parts



The leaves



The roots



It is a good source of inulin, a type of prebiotic fiber that has been linked to increased weight loss and improved gut health.

Other uses



Coffee substitute
Flavor for brewing
Bach flower remedies



50

Cumin



"Cuminum cyminum" is a flowering plant in the family Apiaceae.

Edible Parts



The seeds

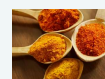


It is a good source of magnesium, iron, calcium and phosphorus. Also rich in Vitamin E, A, C, K and B6.

Other uses



Spice in food
Ingredient in cosmetics
Essential oil
Perfume



1

Egg



Edible Parts



The egg white

The yolk



It is high in a range of vitamins and minerals. It helps with weight loss. It is beneficial for the eyes.

Other uses



Hair treatment
Leather cleaner
Glue

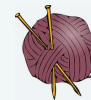


29

Silk



Usable Parts



The fiber



Silk has a smooth, soft texture that is not slippery, unlike many synthetic fibers.

Other uses



Clothing
Furniture
Medicine



50

Cumin
It takes from 7 to 14 days.

 Full sun

 Water regularly, being careful not to overwater.

 Start seed indoors four weeks prior to the last spring frost

 Autumn

 Well-drained, fertile sandy loam to loamy

 Best to grow in warm and dry climates

 26  34  134



57

Chicory
It takes from 2 to 4 weeks.

 Full sun

 1 to 2 inches of water per week

 In autumn or early spring

 The timing on harvesting chicory varies depending on how you want to use the plant.

 Well-drained, deep, fertile


 It is adapted to a wide variety of climates


 42  49  37  19





29


Silk
The protein fiber of silk is composed mainly of fibroin and is produced by certain insect larvae to form cocoons.


 Cultivating the silkworms on mulberry leaves


 In a straw frame

 3-4 years

 China and India

 Large carbon and water footprint





1

Egg
Eggs are laid by female animals of many different species



 Quality Feed, Fresh Water

 Clean Nests Boxes, Open Areas

 In fridge for three to five weeks


 Southeast Asia and Indian subcontinent

 Emission of greenhouse gases and contamination of soil and water






155



Cheese




Origins

70

It is a rich source of protein, calcium and vitamin B12. It prevents osteoporosis and has a positive effect on dental health.


Other uses




Grated cheese
Cottage cheese

LIVING STEM

43



Bread



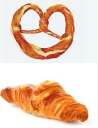
Origins

48
105
119

It provides many nutrients such as calcium, iron, protein, vitamins and other minerals.

Other uses

Pretzel
Bagel
Croissant
Donut



LIVING STEM

22



Dried meat



Meat of deer, reindeer, ostrich, beef, turkey, ...

11

It contains microelements, vitamins and other natural components whole, which is important for sustaining health.

Other uses



Teriyaki

LIVING STEM

43

Bread



It is a staple food



It represents 1/10 of the calories consumed by most people in the West. Room-temperature bread typically lasts 3-4 days.



It is prepared from a dough of flour and water, usually by baking.



A loaf of bread emits about a half-kilo of carbon dioxide. 43% of bread's greenhouse gas emissions can be attributed to the fertilizers used to grow wheat.



155

Cheese



It is a dairy product. There are many types of it.



In 2014, world production of cheese from whole cow milk was 18.7 million tonnes. Lifespan depends on the type of cheese.



Milk is usually acidified and adding the enzymes of rennet causes the milk proteins to coagulate. The solids (curd) are separated from the liquid (whey) and pressed into final form.



It has a high carbon footprint because it takes a lot of milk to produce a pound of cheese.



22

Dried meat



Many countries have their own form of dried-meat products. The product name varies, as does the form in which it is eaten.



50 gr. of dried meat are made with 160 gr. raw meat.

Lifespan: two-three weeks



Food drying: Inhibits the growth of bacteria, yeasts, and mold through the removal of water.



It protects people from food poisoning. Greenhouse gases due to animal agriculture.

