

Plants Utilized by the Maya From Classic Times through Today





Flowers

Spanish Name	English Name	Indigenous	Scientific	Family	General Distribution	Santa Rosa, Escuintla, Suchitepequez, Retalhuleu, Quiché, Huehuetenango, Petén	Phenology	Uses	Where is it sold
Rosita de cacao, Flor de Cacao, Molinillo, árbol de canastillas, batidor	Funeral tree, molinillo, cacao flower	Aztec names: Poyomatli, Xochi-cacaohuatl, Flor Cacaahuaxochitl, Cacaوخochitl	<i>Quararibea funebris</i> , <i>Quararibea fieldii</i> <i>Myrodia funebris</i> Lex- <i>arza funebris</i>	Malvaceae	Southern Mexico, Guatemala, Salvador, Nicaragua	On dry plains or hillsides, mostly at 1500 meters high or less, Petén, Zacapa, Chiquimula, Guatemala, Sacatepequez, Huehuetenango, Vaja Verapaz, El Progreso	It blooms during the dry season from March to May	Sacred Flower, Aromatic	Botanical forest gardens
Ceiba, Ceibillo, Algodón de monte, palo lagarto	Ceiba, silk cotton tree	Chij, Tinanche, Kinin, Murul, Cox. (C. pentandra), Pochote from the nahuatl pochotl, yaaxché (Maya Yucatán), Inup (Jacaltenango) Nuo (Pocomchi), Mox, Inup (Queqchi) piim in yucatec, Poxot (Nicaragua)	<i>Ceiba pentandra</i> , and <i>Ceiba aesculifolia</i>	Bombacaceae	Extending to the old world tropics, where perhaps introduced. México, Yucatan, Central America. (C pentandra) is distributed in Mexico, Central America, South America, tropical Asia and Africa	Peten Alta Verapaz, Izabal, Chiquimula, Santa Rosa, Escuintla, Guatemala, Sacatepequez, Quiche, Huehuetenango, Quezaltenango, Suchitepequez	The fertilized blooms begin to swell, and long pear-shaped pods appear in clusters among the branches. Usually between seven and ten years pass before a ceiba bears its first season of fruit; and in future years, it may produce only every other year, yielding 600-4000 fruits a crop. The husk appears gray and rough, but on the inside they are lined with a bet of lustrous fibers known as kapok silk. In Guatemala it blooms during March to May	Ornamental, medicinal, for constructions, rituals, miscellaneous	Botanical forest gardens
Árbol de señoritas, árbol de doncellas, Amapola	Shaving bush, shilo	Acoque (quiche) pumpe (Huehuetenango), Chor-roco (Alta Verapaz), chulté colorado (Petén, Maya), amapola (Petén) muñeco (Izabal) ila (Santa Rosa) Chij	<i>Bombax ellipticum</i> <i>Carolinae fastuosa</i> , <i>B. mexicanum</i>	Bombacaceae	Native from Mexico, El Salvador, Guatemala, Honduras, but has been introduced in the Caribbean and Hawaiian Islands and Southern Florida	Peten, Izabal, Santa Rosa, Escuintla, Suchitepequez, Retalhuleu, San Marcos	It blooms from February to March	Ornamental, medicinal, for constructions, rituals, miscellaneous	Botanical forest gardens
Zapotón, Zapote bobo, (Guatemala), Zapote de agua (Chiapas) In Honduras known as Santo Domingo, Amapola (Salvador), apompo (Mexico)		Pumpunjuche, Uacoot (Petén, Maya), Cuyche (Maya Yucatan)	<i>Pachira aquatica</i>	Bombacaceae	Southern Mexico to British Honduras and Panama, south America	Peten, Izabal, Mazatenango, Retalhuleu, Escuintla	It blooms from February to March	Wild fruit	Botanical forest gardens
Madre cacao, Gliricidia, mata ratón, madero negro	Cacao mother	Cacahuanantl, kakahuate	<i>Gliricidia sepium</i>	Fabaceae	Mexico, Central America, southern America to Venezuela and Guyanas, from 0 a 1200 meters high	Zacapa, Chiquimula, San Marcos.	It blooms during February to March	Live fence, Animals food and shade	Botanical forest gardens

Source: (1) Mirtha Cano, FLAAR Mesoamérica (2008) (2) Interview with Julio Marroquín (Farmer from Mission Taiwan) El Remate, Flores, Petén. Guatemala. (3) Interview with Manuel Cano, Agronomist from Ministerio de Agricultura, Ganadería y Alimentación MAGA-Petén. (4) Paul C. Standley, Julian A. Steyermark. Flora de Guatemala. Fieldiana: Botany Volume 24. Part VI. Chicago Natural History Museum (5) MacVean, Ana Lucrecia. Plantas útiles de Sololá. Guatemala. 2006. 222 p. (6) floramesoamericana.com (7) Schultes E., Hofmann A., Ratsch C., Plants of the Gods. Healing Art Press 2001.



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Ipecac, raicilla		Ipecac	<i>Cephaelis ipecacuanha</i> <i>Psychotria ipecacuanha</i> <i>Cephalis sp.</i>	Rubiaceae	Tropical America and Africa. South American, Central America, and Panama	Peten, Alta Verapaz, Izabal, Chiquimula, Jalapa, Jutiapa, Santa Rosa, Escuintla, Guatemala, Sacatepequez, Chimaltenango, Huehuetenango, Quiche, Retalhuleu	November to February	For fragans and its very important as medicinal plant	Wild, not for sale
Margaritas, flor de muerto	Marigold, mexican marigold	Tutz, chus, cotzí caminiac (queeqchí) Coxuá (Totonicapán) Ixtupug sanpuel (Petén, Maya)	<i>Tajetes erecta</i>	Asteraceae	Mexico and Central America, naturalized in old world tropics	It is abundant in Guatemala along the drier Pacific foot-hills and in the lower Motagua Valley	Annual flowers	Medicinal and ornamental, Yellow flower is used in religious decoration	Botanical gardens
Flor de mayo, Flor de la cruz	Spanish Jasmine, Fringipanzi	Chac Nicté, zabacnicte, nicté chachac (Petén Maya), cumpap (Yucatán)	<i>Plumeria rubra, P. Alba</i>	Apocinaceae	Central America, Mexico, Hawaii	It is common to find it in domestic gardens	May to June	Ornamental	Wild, not for sale
Nardo	Nardo		<i>Polyanthes tuberosa L.</i>	Amarilidaceae	Native from Mexico	Escuintla, Santa Rosa, Alta, Baja Verapaz, Peten, Retalhuleu	September to October	Ornamental, for fragrance and as a flavoring	Botanical gardens and Guatemalan markets
Chipilin	Rattle-box	chop	<i>Crotalaria longirostrata</i> , <i>Crotalaria guatemalensis</i>	Fabaceae	Native from Mexico and Central America	From 0 to 2000 meters high, in Guatemala, Chimaltenango, Quiche, Alta Verapaz, Baja Verapaz, Cobán, Peten, Sacatepequez	It blooms every month of the year, in the tropics	The leaves are edible and sometimes is used as medicinal	Botanical gardens
Arbol de pito	Coral tree	tzite	<i>Erythrina corallodendron</i>	Fabaceae	Mexico to Peru	Naturalized and cultivated in Guatemala by botanical gardens	From March to May	Ornamental, flowers and leaves edible, the seeds are toxic. The bark is used to produce ink	Wild, not for sale
Passiflora, granadilla silvestre granadina	Passion flower, passion fruit		<i>Passiflora edulis</i>	Passifloraceae	Native from Brazil to North Argentina	N. plumbaginifolia. Izabal, Jalapa, Guatemala, Sacatepequez, Quiche, Escuintla, Zacapa, Cobán	All year in the tropics	Fruit is edible	Botanical gardens
Tabaco, Mapacho, Shamanic	Native tobacco, shamanic tobacco	Mapacho	<i>Nicotiana rustic, N. Plumbaginifolia</i>	Solanaceae	Native of South America, naturalized in Mexico, United States	Peten, Alta Verapaz, Izabal, Huehuetenango		As pesticide, poison, medicinal for rituals	Agronomical supplies
Nympha	Water lily, alligator bonet	nape, Ninfa, Nohoch, naab, (Petén Maya)	<i>Nymphaea ampla</i> , <i>Castalia ampla</i>	Nynphaceae	Mexico, Central America, South America	Every department between 0 to 2700 meters high.	All year in the tropics	Ornamental, all plants produce allucinogenic effects if ingested	Wild, not for sale

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Izote, palmera		Cukil, Quiil Co'quil (Queqchi) Pasquiy (Chimaltenango), pasqui (Totonicapán)	<i>Yucca guatemalensis</i> <i>Yucca elephantipes</i>	Agavaceae	Mexico to Panama	Peten, El Progreso, Jalapa, Zacapa, Santa Rosa, Escuintla, Guatemala, Sacatepequez, Retalhuleu, Solola, Quiche	During the rainy season	The flower is edible it is used comonly to cook rice, "tamalitos" and stews	In local markets
Pitaya, pitaja	Dragon Flower, dragon fruit	Aak'alyoom	<i>Hylocereus undatus</i> <i>Cereus undatus</i> <i>Hylocereus guatemalensis</i>	Cactaceae	Native from México, El Salvador, Guatemala and Costa Rica, but is cultivated in the tropics		Flowering and production From June to October	Ornamental edible, allucinogenic effects if ingested, it has apomorphine and nuciferine as toxic	Botanical gardens

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Water Lily
Nymphaea ampla, *Castalia ampla*



Passion Flower
Passiflora edulis



Flowers

Rattle Box
Crotalaria longirostrata,
Crotalaria guatemalensis



Photo: Mirtha Cano, FLAAR Mesoamerica
Location: Santa Ana, Peten

Izote
Yucca guatemalensis
Yucca elephantipes



Photo: Mirtha Cano, FLAAR Mesoamerica
Location: Guatemala



Fruits

Spanish	English	Indigenous	Scientific	Family	Distribution	Guatemalan Distribution	Phenology	Uses	Where is it sold
Aguacate	Avocado	O, Oj, Ju, Un, Um, On, Tc'om, Tsumoñ	<i>Persea americana</i>	Lauraceae	Old world tropics but native in tropical America	Zacapa, Chiquimula, Huehuetenango, Quezaltenango, Solola, Guatemala, and elsewhere	It bloom from March to April and the fruit appear from June to September	Fruit edible, leaves as medicinal, seed extract for oil	Central Market
Anona, anonillo, Chirimoya, Guanabana	Cherimoya	Tzumuy (Queqchi, Pocomchi) Pac (Pocomchi) Cahuex (Quiché) Oopchi (Petén, Maya), Tsulipox, op, pox (Maya)	<i>Annona reticulata</i>	Hamamelidaceae	Mexico, Central America, South America	Peten, Alta Verapaz, Baja Verapaz, El Progreso, Zacapa, Jutiapa, Santa Rosa, Escuintla, Guatemala, Quiché, Retalhuleu, Huehuetenango, San Marcos	It blooms during February to May	Fruit edible	Central Market
Cacao	Cacao	Xau (Maya), Cacau (Yucatán, Caco (Pocomchi) Kicou, kikob (Pocomchi) Cuculat (Salamá) Pacxoc (Huehuetenango)	<i>Theobroma cacao</i>	Sterculiaceae	Mexico to South America	Alta Verapaz, Escuintla, Suchitepequez, Mazatenango	It blooms since October to January the fruit appear since March to September	Toasted seeds to elaborate chocolate bars, for drink	Cobán Market
Pataxte	Wild cacao	Pataxte, balamte, Balam, Balamte (Queqchi) pec (Pocomchi)	<i>Theobroma bicolor</i>	Sterculiaceae	From Chiapas and Tabasco to Colombia	Low lands, Alta Verapaz, Chiquimula, Santa Rosa y Solola, Huehuetenango, Chiquimula, Suchitepequez, Quezaltenango	It blooms from October to December and the fruit appear from January to April	Fruit edible, from toasted seed it made chocolate bars and another drinks as pinol	Sololá, Suchitepequez and Mazatenango Market
Cericote, cocopera, Higo silvestre	Cericote	Copte, siricote, (Petén, Lundell)	<i>Cordia dodecandra DC.</i>	Boraginaceae	Mexico, Guatemala, Honduras, Cuba	Jutiapa, Alta Verapaz, Peten	It blooms from March to May and the fruits appear from May to August	Fruit conserves	Wild fruit only sold by people as costume in San Francisco, Petén during a food celebration
Jocote	Red mombin, purple mombin	Rum, Run (Queqchi), Unum, Canum (Cakchiquel) anum (Quiché) Xúgut (Salamá) hog, plum The name "jocote" derives from the Nahuatl word xocotl	<i>Spondias purpurea</i>	Anacardiaceae	Mexico to South America	Escuintla, Mazatenango, Quetzaltenango, Retalhuleu, Peten, Huehuetenango lowlands	January to March the fruit appear from June to October	Edible. Bark is medicinal	Every local market

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Guajaba, guayabo	Candlestick, guava	Pataj, Patá, (Queqchí), Cac (Pocomchí), Ch'amxuy (Ixil), piac, (Caqchiquel) guava, pataj	<i>Psidium guajava</i>	Mirtaceae	US Florida to South America, Africa, Asia, Europe	Found in every department to 1500 meters high or less	It blooms all year	Wood as fuel, leaves as medicinal, fruit edible	Every local market
Higo, higuero	Fig	Higo, higuero	<i>Ficus carica</i>	Moraceae	Native from Asia but naturalized in the old tropics	Alta Verapaz, Zacapa, Santa Rosa, Guatemala, Sacatepequez, Chimaltenango, San Marcos	From August to September	Fruit edible, it is used to make conserves	Every local market
Mamey	Mammea, apple		<i>Mammea americana</i>	Clusiaceae	Cuba, Old American Tropics, Central America	Peten Alta Verapaz, Baja Verapaz	June to December	Wild fruit edible, the pulverized seeds was used by the people as insecticide, infusions are use to treat infections	Local markets during season
Mamey de santo domingo	Mamey		<i>Lucuma hypoglauca</i>	Sapotaceae	Native from Mexico	Peten	June to December	Wild fruit edible	Local markets during season
Manax	Cherry	Manax (Maya Petén)	<i>Pseudolmedia oxiphillaria</i>	Moraceae	Veracruz, Oaxaca, (Mexico), Honduras, Costa Rica	Moist forest, ranging from sea level to about 1800 meters high. Peten, Izabal, Santa Rosa, Tecuamburro vulcano, Quezaltenango y Huehuetenango	June to December	Wild fruit	Not for sale in Markets
Marañon	Cashew nuts		<i>Anacardium occidentale</i>	Anacardiaceae	World wide	Escuintla, Suchitepequez, Mazatenango	February to march	All the fruit is edible, the nut is used as a flavoring, it is also used as medicinal, and as indelible ink Bark is used as glue or coat	In local markets during the season

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Nance	Wild craboo	Chi (Queqchi), Tapal (Cakchiquel), craboo, crapoo, xacpah (Maya Yucatan)	<i>Byrsonima crassifolia</i> , <i>Malpighia crassifolia</i>	Malpighiaceae	Mexico to South América	Tropical forest of 1300 meters high or less in Peten, Alta Verapaz, Baja Verapaz, El Progreso, Izabal, Zacapa, Chiquimula, Jalapa, Jutiapa, Santa Rosa, Escuintla, Guatemala, Suchitepequez, Retalhuleu, Quiche, Quezaltenango, San Marcos, Huehuetenango	It blooms during November to February	The wood is used for simple constructions, as medicinal, for head pain, snake bite, and other pulmonary affections. The fruit is edible and is used to make alcoholic drinks	In local markets during the season
Papaya, papaya orejona, Fruta bomba (Cuba) ababaya (Caribe)	Papaya	Cunché, bonete orejona (Maya Yucatan), Put, chichput (wild form)	<i>Carica papaya</i>	Cariaceae	Tropical America	Petén, Alta Verapaz, Baja Verapaz, El Progreso, Zacapa, Jutiapa, Santa Rosa, Escuintla, Guatemala, Quiche, Suchitepequez, Retalhuleu, Huehuetenango, San Marcos	February to March, June to July and September to October	Fruit edible	In local markets all year
Piñuela, piña, Cabeza de negro	Wild pineapple	Cham, chom (Petén Maya)	<i>Bromelia karatas</i>	Bromeliaceae	Mexico, Central America Ecuador, Brazil	Peten, Alta Verapaz, Sacatepequez, Huehuetanango,	May to September	Ornamental	Wild fruit not for sale in markets
Uva silvestre	Wild grape		<i>Vitis sp.</i>	Vitaceae	South America and Central America	Escuintla, Retalhuleu, Zacapa	It blooms during May to June	Wild fruit, edible	Wild fruit not for sale in markets
Zapote, blanco zapotillo, chicozapote, sapodilla	Zapote	ya (Maya)	<i>Achras zapota</i> , <i>Manilkara acras</i>	Sapotaceae	Mexico (Veracruz, Oaxaca, Yucatán) naturalized in Tropical America	Peten Alta Verapaz, Baja Verapaz	From June to September	Wild fruit, edible	In local markets during the season
Zapote negro, Matazano, zapote de mico, zapote prieto,	Zapote	sibil, silil, tauch, tauchi (Maya) ebano (Yucatán)	<i>Diospyros ebenaster</i> , <i>Zapota nigra</i>	Sapotaceae	Mexico, Honduras, Nicaragua, Costa Rica, and old tropics	Huehuetenango lowlands	From June to September	Wild fruit, edible. The dry seeds are pulverized and used as flavoring to elaborated atoles, rice, tamales and drinks such "fresco de suchiles" also it is used to make shampoo for black hair.	Wild fruit not for sale in markets

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Ramón, Capomo (Honduras)	Maya nut, breadnut	Ujushte, ox (Maya), ajah, tsotz ax, ax, mo, muju, talcoite (Chiapas)	<i>Brosimum alicaetrum</i> Swart.	Moraceae	Southern Mexico and British Honduras, Salvador, West Indies.	Moist or wet forest, ascending to about 1000 meters but mostly at 300 meters or less; Petén, Alta Verapaz, Izabal, Escuintla, Guatemala, Retalhuleu, Quiche Huehuetenango, Baja Verapaz.	The tree produces only one time every year. It blooms from March to April and the fruits appear from May to June during the rainy season.	The tree is used as food for stock, especially during the dry season when other forage is scarce, According to Lundell in Petén the tree is most abundant on the sites of old Maya Villages where it forms groves called ramonales. The pulp of the fruit is edible, and the seeds when boiled are nutritious with a flavor somewhat like potatoes. They are eaten alone or with plantains, maize, or honey. Sometimes they are roasted and eaten. Also they are dried and ground to form a meal from which a kind of cake or tortilla, is made, and sometimes are boiled in syrup to make a sweetmeat. The wood is used for construction.	It is sold in artisans special stores in Peten.

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Fruits

Cacao
Theobroma cacao



Photo: Nicholas Hellmuth, FLAAR Mesoamerica
Location: El Portal, Coban

Wild Cacao
Theobroma bicolor



Photo: Jaime Leonardo, FLAAR Mesoamerica
Location: San Marcos



Fruits



Photo: Mirtha Cano, FLAAR Mesoamerica
Location: San Jose, Peten

Zapote
Achras zapota
Manilkara zapota



Vegetables

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Chilacayote, cidracoyote,	Squash	Chooc, elaoc, ooc (Quiché)	<i>Cucurbita ficifolia</i> , <i>C. Melanosperma</i>	Cucurbitaceae	Mexico and Central America	Frecuently in Chimaltenango, mostly at 1500 meters high.	In the highlands during the dry season from March to April	Fruit edible, highly esteemed for making desserts of several kinds, the flesh is usually cooked in thick syrup, they also grown as food for cattle, horses, and sheep during the long dry season when there is scant pasture.	Guatemalan Markets
Caimito, cayumito	Palm tree	Siciya, zikiya	<i>Chrisophillum caimito</i> , <i>C. Mexicanum</i>	Sapotaceae	Southern Mexico, Central America	Along the pacific foothills, Petén, Alta Verapaz, Izabal, Zacapa, Chiquimula, Santa Rosa, Escuintla, Huehuetenango, Quezaltenango,	It blooms during October and the harvest start in November	The wood generally used for construction and the fruit is edible.	Guatemalan Markets
Chayote o güisquil		Chayotl (nahual Aztec)	<i>Sechium edule</i>	Cucurbitaceae	Mexico, Chiapas,	Escuintla, Suchitepéquez, Quezaltenango, Guatemala from 500 to 1800 meters high.	It blooms from April to may. The fruit appear during the rainy season from May to September	This is one of the most important and favorites vegetables of Guatemala and most other parts of Central America. The plant is unique in that every part of it may be eaten at some stage or another roots leaves, flowers, fruits and seeds.	Guatemalan Markets
Chipilin	Chop	Chop (Huehuetenango), Tcap-in ((No Suggestions))	<i>Crotalaria longirostrata</i>	Fabaceae	Western and Southern Mexico, Salvador, to Costa Rica.	Peten, Alta Verapaz, Zacapa, (No Suggestions), Jutiapa, Santa Rosa, Escuintla, Sacatepequez, Chimaltenango, Solola, Suchitepequez, Retalhuleu, Quezaltenango, Huehuetenango	It blooms every month of the year, in the tropics, it took tree month for the harvest.	This is an important food plant of Guatemala. The young leafy shoots are cooked and eaten like spinach and other pot herbs, and large quantities of the plant, tied in small bunches are sold in all the markets.	Guatemalan Markets

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Frijol, ejotes, beans	Common bean or kidney bean	Chicong, chicun, (Ixil), Ubal, Cuyenc, Xenc (Mame) Pilín, Ch'ux Quenc (Poconchi) Quenc (Quiché) bul or buul (Maya)	<i>Phaseolus vulgaris</i>	Fabaceae	Native from America but cultivated in all parts of the world, except the coldest areas.	All parts in Guatemala, but mostly in Chimaltenango, Jutiapa, Guatemala, Alta Verapáz, Chiquimula, Zacapa, Santa Rosa, El Progreso, El Petén.	It is planting in October for harvesting in March, the time of flowering begins in early February	Phaseolus vulgaris is the most important food in Guatemala it is used a lot as soup, tamales, rellenitos, boiled or fried.	Guatemalan Markets
Frijolillo, moco de gallo, moco de chompipe.	wood creeper, wild currant		<i>Casia occidentalis</i>	Fabaceae	Honduras to Panama.	Peten Chiquimula, Jalapa, Santa Rosa, Quezaltenango, San Marcos	It blooms since January to February	The pulp of the fruit is sweet and edible, with a flavor somewhat resembling of tamarind.	Guatemalan Markets
Maiz, elote	Corn, Maize	Ixim	<i>Zea mays</i>	Poaceae	Native from Mesoamerica and distributed in all the world.	Every department in Guatemala but mostly in the highlands	After the sowing it took four months for the harvest. Most people planting in early May during the rainy season and the harvest occurs from October or January	"The corn plant is the most widely grown worldwide for its nutritional value. In addition to this plant extract other products such as starch, oil and gluten, which are used in various industrial processes. The leaves are used to wrap tamales. The corn kernels are cooked with lime and are ground to produce tortillas, atoles, to feed animals and mazorca serve as firewood."	Guatemalan Markets

Source: (1) Mirtha Cano, FLAAR Mesoamérica (2008) (2) Interview with Julio Marroquín (Farmer from Mission Taiwan) El Remate, Flores, Petén. Guatemala. (3) Interview with Manuel Cano, Agronomist from Ministerio de Agricultura, Ganadería y Alimentación MAGA-Petén. (4) Paul C. Standley., Julian A. Steyermark. Flora de Guatemala. Fieldiana: Botany Volume 24. Part VI. Chicago Natural History Museum (5) MacVean, Ana Lucrecia. Plantas útiles de Sololá. Guatemala. 2006. 222 p. (6) Flora Mesoamericana



Vegetables

Spanish Name	English Name	Indigenous Name	Scientific Name	Family	General Distribution	Guatemalan Distribution	Phenology	Uses	Where is it sold
Pacaya, pacayito		Kiik (Quecchi)	<i>Chamaedorea elegans</i> <i>C. tepejilote</i>	Areaceae	Easter and Southern Mexico	Moist or wet, usually dense, mixed, mountain forest of 1400 meters or lower, Petén Alta Verapáz	It only give one fruit a year during the rainy season.	The chamaedoreas are considerable economic importance throughout Central America, but in Guatemala more than elsewhere, In the markets there are sold vast quantities of the unopened staminate inflorescences. The spadices are white or whitish tender and when served on the table are of attractive and agreeable flavor. They constitute, indeed an excellent vegetable and one that is very popular locally.	Guatemalan Markets
Tomate	Tomato	Pix, pixb, pixp (Quiché, pocomchi)	<i>Lycopersicon batolas</i>	Solanaceae	Native of South America but now widely cultivated in nearly all parts of the world.	It is grown in almost all inhabited parts of Guatemala except at higher elevations.	Generally planted in early May and the harvest occurs in September but with constant watering can be harvested all year, the cultivar tooks about four months..	The tomato is a very important vegetable, they are added as flavoring to almost every kind of dish, and also cooked alone, or eaten in salads.	Guatemalan Markets
Tomatillo, miltomate			<i>Physalis pubescens</i>	Solanaceae	Native of Central America, but also cultivated in South Africa and Indies.	Peten, Alta Verapaz, Izabal, Zacapa, Baja Verapaz, Guatemala, Chiquimula, Huehuetenango, Jutiapa, Santa Rosa.	Generally planted in early May and the harvest occurs in September but with constant watering can be harvested all year.	It is use as flavoring in special traditional dishes.	Guatemalan Markets
Tziquinché, hongo		Tziquinché (Petén)	<i>Squizophyllum commune</i>		Native from Mexico	Peten, Alta Verapaz	They appear from June to September during the rainy season.	It is use in special traditional dishes as dobladas fried with chilli peper.	Petén, Cobán, market during season.

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Vegetables



Chayote
Sechium edule

Photo: Juan Luis Sacayón,
FLAAR photo archive



Vegetables



Photo: Jaqueline Nájera
Location: Guatemala City, Flaar
photo archive.

Corn
Zea mays



Photo: Juan Luis Sacayón
FLAAR photo archive

Squash
Cucurbita ficifolia
C. Melanosperma



Vegetables



Photo: Alen Bujanja
FLAAR photo archive

Pacaya
Chamaedorea elegans
C. tepejilote



Photo: Alen Bujanja
FLAAR photo archive

Miltomate
Physalis
Pubescens



Root crops

Spanish Name	English Name	Indigenous Name	Scientific Name	Family	General Distribution	Guatemalan Distribution	Phenology	Uses	Where is it sold
Camote	Sweet potato	Is, iz (Quiché, Maya, Queqchí), iis (Ixil) on (Jacalteco) om (Pocomchí)	<i>Ipomoea batata</i>	Convolvulaceae	Commonly cultivated in low elevations. It believes native from América, now cultivated in most warmer regions of the earth	Sacatepequez, Quezaltenango, Alta Verapaz, Izabal, Peten, Camotan Chiquimula where the plant gives the name to this pueblo.	It took 5 months for harvesting. The planting is in early January and the fruit appears during October to November	Root, leaves and shoots are edible. The roots frequently are boiled, fried or baked. Can be processed to elaborate industrial alcohol. The genus includes some ornamental plants as morning glory flowers. Sweet potatoes were an important part of the diet in the United States, especially in the Southeast.	Every local market or supermarket in every department of Guatemala.
Camotillo	Cardboard palm	Cocalito, teosintle, camotillo, chachuha (Petén)	<i>Zamia furfuracea</i> L. Or <i>Zamia loddigesii</i> Miq.	Cycadaceae	Mexico, and Central America.	Could be found in slopes or fields, sometimes in wet or moist thickets or forest of Peten, Izabal, Santa Rosa, Retalhuleu	The root can be harvested all year and the seeds appear during the rainy season from May to September	The plant is well known for its poisonous properties, the roots of various species of the genus were much used by some of the aborigines, especially in the Caribbeans, as food, but they removed the poison by cooking the root before eating. It is reported that the roots mixed with lime are used by the Indians of Jocotan for coloring tobacco pipes and other articles into red.	Botanical gardens as a ornamental plant.
Jicama		Caxixhicam (Peten Maya. Lundell)	<i>Pachyrhizus erosus</i> P. <i>Dolichos erosus</i> P. <i>angulatus</i>	Fabaceae	From Mexico to Central America could be found wild and is cultivated in many tropical regions on the earth.	Peten (only in cultivation) Baja Verapaz, Zacapa, Chiquimula, Jalapa, Jutiapa, Santa Rosa	It took 5 months for harvesting. The planting is in early January and the fruit appears during October to November	The root is commonly eaten fried, boiled, or in salads.	The root is sold in every local market and supermarket during season
Malanga		Coco (Izabal) Quequesque, badú (Puerto Barrios) malanga (Izabal) Cascamonte, caxcamonte (Quezaltenango) Ox (Queqchí), quis-camonte (Honduras) otó (Panamá)	<i>Xanthosoma violaceum</i>	Araceae	From Mexico to Panama	It is found from 1900 meters high or lower in the forest of Izabal, Alta Verapaz, Izabal, Chiquimula, Santa Rosa, Sacatepequez, Retalhuleu, Quezaltenango and gardens.	After planting it took 9 months for harvesting generally during the rainy season.	The roots are poisonous when raw, but the poisonous properties are destroyed by cooking.	The root is found in every municipal market in Guatemala. The plant is sold in botanical gardens.
yuca	Cassava, Manioc, Manihot, sweet potato	Tzin	<i>Manihot esculenta</i> , <i>Smilax</i> sp.	Euphorbiaceae	Native from Brazil and neighboring regions now grown widely in other parts of the world as Africa, Asia, Indonesia, USA, Mexico, Central and South America.	Zacapa, Chiquimula, Peten, Alta Verapaz.	After planting it took 9 months for harvesting generally during the rainy season.	The root is edible just like the potato, it is cooked fried with cheese, boiled, or with sweet syrup.	In local markets

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Root crops



Photo: Juan Luis Sacayón
FLAAR photo archive

Sweet potato
Ipomoea batata

If you want to contact FLAAR please send an e-mail to ethnobotany@flaar.org. You can also telephone the manager at US telephone number, 419 823-9218 (Vonage VoIP but clearer than Skype). You can also communicate with administration staff at FLAAR via Skype, flaar_mesoamerica.