

List of root vegetables



Carrot roots in various shades, from light to dark

Root vegetables are plant roots eaten as vegetables.

1 Definition

Although botany distinguishes true roots (such as taproots and tuberous roots) from non-roots (such as bulbs, corms, rhizomes, and tubers, although some contain both hypocotyl and taproot tissue), the term “root vegetable” is applied to all these types in ordinary, agricultural, and culinary usage.^[1]

Root vegetables are generally storage organs, enlarged to store energy in the form of carbohydrates. They differ in the concentration and the balance among starches, sugars, and other types of carbohydrate. Of particular economic importance are those with a high carbohydrate concentration in the form of starch; starchy root vegetables are important staple foods, particularly in tropical regions, overshadowing cereals throughout much of Central Africa, West Africa, and Oceania, where they are used directly or mashed to make fufu or poi.

Many root vegetables keep well in root cellars, lasting several months. This is one way of storing food for use long after harvest, which is especially important in nontropical latitudes, where winter is traditionally a time of little to no harvesting. There are also season extension methods that can extend the harvest throughout the winter, mostly through the use of polytunnels.

2 List of root vegetables

The following list classifies root vegetables according to anatomy.

2.1 Bulb



Shallot bulbs

Further information: bulb

- *Allium* spp. (garlic, onion, shallot, et cetera)
- *Camassia quamash* (quamash)
- *Cyperus bulbosus* (bush onion)
- *Caladenia*
- *Cryptostylis*
- *Cymbidium canaliculatum*
- *Diuris*
- *Dipodium*
- *Erythronium* spp. (katakuri)
- *Narskyy vulgare* (fennel)
- *Geodorum*
- *Glossodia*
- *Lilium* spp. (lilies)
- *Lypernathus*
- *Microtis*
- *Prasophyllum*
- *Pterostylis*
- *Tacca leontopetaloides*
- *Thelymitra*

2.2 Modified plant stem

Further information: plant stem

- Corm



Taro corms



Ginger rhizomes



Yam tubers

- *Amorphophallus konjac* (konjac)
- *Colocasia esculenta* (taro)
- *Eleocharis dulcis* (Chinese water chestnut)
- *Ensete* spp. (enset)
- *Nelumbo nucifera*
- *Nymphaea* spp. (waterlily)
- *Pteridium esculentum*

*Nelumbo nucifera* (lotus root)

- *Sagittaria* spp. (arrowhead or wapato)
- *Typha* spp.
- *Xanthosoma* spp. (malanga, cocoyam, tannia, yautia and other names)
- *Colocasia antiquorum* (eddoe or Japanese potato)
- Rhizome
 - *Curcuma longa* (turmeric)
 - *Panax ginseng* (ginseng)
 - *Arthropodium* spp. (rengarenga, vanilla lily, and others)
 - *Canna* spp. (canna)
 - *Cordyline fruticosa* (ti)
 - *Maranta arundinacea* (arrowroot)
 - *Nelumbo nucifera* (lotus root)
 - *Typha* spp. (cattail or bulrush)
 - *Zingiber officinale* (ginger, galangal)
- Tuber
 - *Apios americana* (hog potato or groundnut)
 - *Cyperus esculentus* (tigernut or chufa)
 - *Dioscorea* spp. (yams, ube)
 - *Dioscorea polystachya* (Chinese yam, white name or white ñame)
 - *Helianthus tuberosus* (Jerusalem artichoke or sunchoke)
 - *Hemerocallis* spp. (daylily)
 - *Lathyrus tuberosus* (earthnut pea)
 - *Oxalis tuberosa* (oca or New Zealand yam)
 - *Plectranthus edulis* and *P. esculentus* (kembili, dazo, and others)
 - *Solanum tuberosum* (potato)
 - *Stachys affinis* (Chinese artichoke or crosne)
 - *Tropaeolum tuberosum* (mashua or añu)
 - *Ullucus tuberosus* (ulluco)

2.3 Root-like stem

- *Zamia pumila* (Florida arrowroot)

2.4 True root

Further information: root



Cassava tuberous roots



European Radish, Taproot

- Taproot (some types may incorporate substantial hypocotyl tissue)
 - *Arracacia xanthorrhiza* (arracacha)
 - *Vigna lanceolata* (bush carrot)
 - *Beta vulgaris* (beet and mangelwurzel)
 - *Brassica* spp. (rutabaga and turnip)
 - *Bunium persicum* (black cumin)
 - Burdock (*Arctium*, family *Asteraceae*)
 - Carrot (*Daucus carota* subsp. *sativus*)
 - Celeriac (*Apium graveolens rapaceum*)
 - Daikon – the large East Asian white radish (*Raphanus sativus* var. *longipinnatus*)
 - Dandelion (*Taraxacum*) spp.
 - *Lepidium meyenii* (maca)
 - *Microseris lanceolata* (murnong or yam daisy)
 - *Pachyrhizus* spp. (jicama and ahipa)
 - Parsnip (*Pastinaca sativa*)
 - *Petroselinum* spp. (parsley root)
 - Radish (*Raphanus sativus*)
 - *Scorzonera hispanica* (black salsify)
 - *Sium sisarum* (skirret)
 - *Tragopogon* spp. (salsify)
 - *Vigna lanceolata* (bush potato)
- Tuberous root
 - *Amorphophallus galbra* (yellow lily yam)
 - *Conopodium majus* (pignut or earthnut)
 - *Dioscorea polystachya* (nagaimo, Chinese yam, Korean yam, mountain yam)
 - *Hornstedtia scottiana* (native ginger)
 - *Ipomoea batatas* (sweet potato)
 - *Ipomoea costata* (desert yam)
 - *Manihot esculenta* (cassava or yuca or manioc)
 - *Mirabilis extensa* (mauka or chago)
 - *Psoralea esculenta* (breadroot, tipsin, or prairie turnip)
 - *Smallanthus sonchifolius* (yacón)

3 References

- [1] López Camelo, Andrés F. (2004). *Manual for the Preparation and Sale of Fruits and Vegetables*. Food and Agriculture Organization of the United Nations. p. 6. ISBN 92-5-104991-2. Retrieved 2009-07-31. However, in the case of potatoes (Figure 10), sweet potatoes, and other root vegetables, readiness for harvest is based on the percentage of tubers of a specific size. Potatoes are technically tubers, not roots, and sweet potatoes are tuberous roots.

4 External links

- “Wayne’s World: Vegetables From Underground”. *Palomar College*.

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