

‘Āina Exotics: The Tropical Food Garden
A list of plants that grow well in Hawaiian Tropical Climates

Canoe (these are plants that traveled through the Pacific island and grow well in the humid tropics)

- Breadfruit (ulu)
- Banana (mai‘a) and Plantain
- Taro (Kalo)
- Sweet potato (‘uala)
- Yam (uhi)
- Arrow root (pia)
- Sugar cane (ko)
- Coconut (nui)

Staples (these are primary food crops that provide carbohydrates and proteins)

- Cassava
- Chayote (pipinella, choko)
- Pigeon pea
- Wing bean
- Yacon
- Cow Pea
- Yard-long bean (long bean)
- Squash and gourd
- Amaranth greens and seeds

Greens:

- Chard
- Kale
- Edible hibiscus
- Tropical “spinach” (Okinawan, Malabar, New Zealand)
- Katuk
- Chaya
- Shiso
- Mustard greens
- Asian greens

Herbs

- Basil
- Culantro
- Cuban oregano
- Stick thyme
- Mint
- Rosemary
- Oregano
- Ginger
- Garlic
- Lemon grass
- Thai basil
- Galangal

Veggies

- Eggplant
- Small tomatoes
- Cucumbers
- Corn
- Daikon
- Chinese cabbage
- Shallots
- Peppers
- Tropical squash
- Carrots

Fruits

- Papaya
- Poha
- Pineapple
- Lilikoi
- Surinam cherry
- Grafted avocado, citrus, mango
- Melon
- Ice cream bean
- Jackfruit
- Rollina
- Soursop
- Pitaya
- Mulberry
- Tree tomato