

# Am I Eating an Alien?! *World Plant Table*

Origins of common plants used to make food, clothing or medicine.

<b>Plant</b>	<b>Use</b>	<b>Region of Origin</b>
Almonds	Food	Asia
Apple	Food	Southeast Europe, Western Asia
Aloe Vera	Medicinal, cosmetics	North Africa
Banana	Food	Southeast Asia
Blackberry	Food	Canada, North America (Including OR/WA)
Cacao	Food (source of chocolate)	Mexico
Carrot	Food	Afghanistan, NW India
Cinnamon	Food	Sri Lanka
Corn	Food	Southern Mexico, Guatemala
Cotton	Clothing	Central America, India
Cranberry	Food	Canada, North America (Including OR/WA)
Echinacea	Medicine	Canada, North America
Ephedra	Medicine (nasal decongestants)	Asia
Flax	Clothing (source of linen)	Eastern Mediterranean, India
Grapes	Food	Canada, Europe, North America
Hazelnut	Food	Canada, Europe, North America (Including OR/WA)
Huckleberry	Food	Canada, North America (Including OR/WA)
Lettuce	Food	Iran, Turkey, Turkistan
Macadamia nut	Food	Africa, Australia
Oats	Food	Eastern Mediterranean, Eurasia
Onion	Food	Afghanistan, N. & Central China, NW India
Peanut	Food	Brazil
Pecan	Food	North America
Potato	Food	Bolivia, Chile, Ecuador, Peru
Pumpkin	Food	Bolivia, Ecuador, Peru
Raspberry	Food	Canada, North America (Including OR/WA)
Rice	Food	India, Southeast Asia
Strawberry	Food	Canada, North America (Including OR/WA)
Tomato	Food	Bolivia, Ecuador, Peru
Vanilla	Food	Mexico
Walnut	Food	Asia, Canada, North America (Including OR/WA)
Watermelon	Food	Africa, Asia
Wheat	Food	Eastern Mediterranean, Eurasia
Wild rice	Food	Canada, North America
Willow	Medicine (source of aspirin)	Canada, North America (Including OR/WA)