35 VEGETABLES TRANSLATED TO SPANISH | THE ULTIMATE MASTER LIST

Vegetables: Vocabulary about it

Where do you come from? Where are you going? Have you ever thought about traveling? Imagine that in every single place on the planet there is a whole range of textures, flavors and smells. From the ground, living beings are always growing, we can eat them, and they can fill us with their spirits: the nutrients and the strength we need to stay alive.

What are some of the vegetables found in your country? Which ones in Spanish-speaking countries? Have you ever wondered how the seasons affect the crops, creating cycles of life and death? Did you know that the countries that are on the equator line like Colombia and obviously Ecuador always keep a constant temperature?

First, let's look at some of the vegetables typical of (Latin)American lands, like:

El Ají = Chili



El Cacao = Cocoa

The hot chocolate that you prepare every morning comes from cocoa, but what you may not have known is that originally the beverage consumed from cocoa was totally different, a bitter and spicy drink, rarely sweet, made for special occasions and ceremonies.



Arugula = Rúcula

Arugula is a leafy green vegetable that has a slightly peppery flavor. It is often used in salads or as a garnish on other dishes. Arugula is a good source of vitamins A and C, as well as iron and calcium.

Beet Greens = Remolacha

Beet greens are the leaves of the beet plant. They have a slightly sweet flavor and are often used in salads or sautéed as a side dish. Beet greens are a good source of vitamins A, C, and K, as well as iron and calcium.

El Maíz = Corn

What kind of meals come from corn? For example, typical and popular meals in countries like Colombia and Venezuela, such as the “arepa” (a crunchy and delicious cookie that has been consumed mainly for breakfast since indigenous times) or the “empanada” (a type of fried turnover consisting of pastry and filling) come from corn.

La Papa = Potato

El Tomate = Tomato

There is a curious fact about tomatoes that you may already know: tomatoes are not a vegetable. Yes, as you read it, tomatoes are fruits.

Anything with seeds -like tomatoes-is a fruit, try to contradict this logic and I bet you a lunch made by my abuelita that you won’t be able to beat me. The same thing is going to happen with all the other “vegetables” on this list .

Other plants, cereal and fruits that were brought from Europe after the colonial times were:

Broccoli = Brócoli

Broccoli is a cruciferous vegetable that is often eaten cooked or raw. It has a slightly bitter taste and is a good source of vitamins C and K, as well as fiber and manganese.

Brussels Sprouts = Coles de Bruselas

Brussels sprouts are small, round vegetables that have a slightly bitter flavor. They are often cooked or roasted and can be a good side dish or addition to salads. Brussels sprouts are a good source of vitamins C and K, as well as fiber and manganese.

Carrots = Zanahorias

Cabbage is a leafy green vegetable that can be eaten raw or cooked. It has a mild flavor and is often used in salads or slaws. Cabbage is a good source of vitamins C and K, as well as fiber and manganese.

As you may know, some names for vegetables in Spanish are different across various Spanish-speaking countries. That's why we want to extend this list of vegetables with the different names in Spanish they have around the world. Here, you'll find most of them. If we missed a name, let us know in the live chat and we'll update the list!

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Vegetable Name - English	Vegetable Name - Spanish	Most Commonly Used in:
Tomato	Tomate	Everywhere
Tomato	Jitomate	Mexico
Onion	Cebolla	Everywhere
Onion	Puerro	Spain
Spinach	Espinaca	Everywhere
Pepper	Pimiento	México, Guatemala, Perú
Pepper	Pimentón	Bolivia, Colombia, Chile, España, República Dominicana, Venezuela, Ecuador
Pepper	Ají Pimiento	Panamá
Pepper	Chiltoma	Nicaragua
Pepper	Locote	Paraguay
Pepper	Chile dulce	Costa Rica
Pepper	Morrón	México, Uruguay, Argentina, España
Eggplant	Berenjena	Everywhere
Artichoke	Alcachofa	Almost everywhere
Artichoke	Alcaucil	Argentina
Radish	Rábano	Everywhere
Cucumber	Pepino	Everywhere

Vegetable Name - English	Vegetable Name - Spanish	Most Commonly Used in:
Celery	Apio	Colombia, Venezuela, Perú
Celery	Otoe, Arracacha	Panamá
Celery	Arracacha	Chile, Argentina
Celery	Zanahoria blanca	Ecuador
Celery	Arracache	Costa Rica
Garlic	Ajo	Everywhere
Corn	Maíz	Everywhere
Corn	Chócolo	Chile, Colombia, Perú
Corn	Elote	México
Corn	Mazorca	Colombia
Corn	Choclo	Uruguay
Corn	Sara sara	Perú
Corn	Jojoto	Venezuela
Corn	Danza, millo, mijo, oroña, panizo, borona, panocha	Spain
Corn	Millo	Islas Canarias
Corn	Mote	Colombia, Ecuador, Perú, Bolivia, Chile y Argentina
Corn	Avati	Paraguay

Vegetable Name - English	Vegetable Name - Spanish	Most Commonly Used in:
Carrot	Zanahoria	Everywhere
Pumpkin	Calabaza	Everywhere
Pumpkin	Ahuyama	Colombia, Venezuela, República Dominicana
Pumpkin	Zapallo	Argentina, Chile, Uruguay, Paraguay, Bolivia, Perú, Ecuador, sur de Colombia, Panamá
Pumpkin	Pipián	México
Pumpkin	Ayote	Guatemala, Costa Rica, El Salvador, Nicaragua
Broccoli	Brócoli	Everywhere
Capers	Alcaparras	Everywhere
Cabbage	Repollo, col, berza	Everywhere
Avocado	Aguacate	España, México, Venezuela, Colombia, Guatemala, Panamá
Avocado	Palta	Chile, Argentina, Uruguay, Perú
Bean	Frijol	Everywhere
Bean	Frisol	México, Guatemala, El Salvador, Panamá, Nicaragua, Costa Rica, Cuba
Bean	Fréjol	Perú, Ecuador

Vegetable Name - English	Vegetable Name - Spanish	Most Commonly Used in:
Bean	Poroto	Chile, Uruguay, Panamá
Bean	Frijolito	Panamá
Bean	Chimbaro	Honduras
Bean	Chojol	El Salvador
Bean	Caraotas negras, Caraotas rojas, Caraotas Blancas, Frijol Chino, Frijol	Venezuela
Bean	Alubias, Judías	España
Lentils	Lentejas	Venezuela, Panamá
Lentils	Frijoles	Uruguay, México
Potato	Papa	Everywhere
Sweet Potato	Patata, batata, boniato	Spain
Sweet Potato	Camote / Camote morado	México, Perú, Ecuador
Sweet Potato	Batata	Argentina, Venezuela
Sweet Potato	Papa dulce	Colombia
Beetroot	Remolacha	España, Argentina, Panamá, Venezuela, Colombia, Uruguay, Ecuador
Beetroot	Betabel	México
Beetroot	Betarraga	Chile, Perú

Vegetable Name - English	Vegetable Name - Spanish	Most Commonly Used in:
Beetroot	Beterraba	Argentina, Ecuador, Bolivia
Squash	Calabacín	España, Venezuela, Colombia
Squash	Calabacino	España
Squash	Guicoy	Guatemala
Squash	Zapallo Italiano	Chile
Squash	Calabacita	México
Squash	Guicoy	Guatemala
Squash	Zuccini	Ecuador
Squash	Zapallito	Perú, Argentina
Squash	Zuquini	Uruguay
Peas	Guisante	Venezuela, España
Peas	Chicharos	México
Peas	Arvejas	Argentina, Chile, Colombia, Ecuador
Peas	Arvejas o Alverjas	Perú
Ginger	Jengibre	España, México, Argentina, Venezuela, Colombia, Ecuador
Ginger	Kión	Perú
Olive	Aceituna, Oliva	Everywhere

Vegetable Name - English	Vegetable Name - Spanish	Most Commonly Used in:
Plantain	Plátano	España, Panamá, Perú, Venezuela
Plantain	Banana	Argentina, Chile, Uruguay
Plantain	Banano	Colombia, Guatemala
Plantain	Guineo	Ecuador
Plantain	Guineo o plátano	México
Peas/Beans	Judias Verdes	España
Peas/Beans	Ejotes	México
Peas/Beans	Vainicas	Costa Rica
Peas/Beans	Chauchas	Argentina, Uruguay, Paraguay
Peas/Beans	Frijolitos	Nicaragua
Peas/Beans	Porotos Verdes	Chile
Peas/Beans	Vainitas	Perú, Venezuela, Ecuador, República Dominicana, Bolivia
Peas/Beans	Habichuelas	Colombia, España, Cuba, Panamá, Honduras,
Peas/Beans	Habichuelas tiernas	Puerto Rico
Lettuce	Lechuga	Everywhere
Yam	Ñame blanco	Nicaragua, Guatemala, República Dominicana

Vegetable Name - English	Vegetable Name - Spanish	Most Commonly Used in:
Yam	Ñame	Costa Rica, El Salvador, Panamá, Panamá, Honduras, Venezuela, Colombia
Coriander	Cilantro	Venezuela, Chile, Uruguay, Panamá, Ecuador, México, Paraguay, Colombia
Coriander	Culantro Castilla	Perú, Ecuador, Honduras, Guatemala
Coriander	Culantro o Cilantro	Costa Rica, Guatemala
Garlic	Ajo	Uruguay, Argentina, Cuba, Venezuela, Chile, Nicaragua, México
Garlic	Ajillo	Costa Rica, El Salvador, Guatemala, Panamá,
Cassava	Yuca	Cuba, Puerto Rico, Venezuela, México, Argentina, Colombia, Uruguay
Cassava	Mandioca	Argentina, Paraguay
broccoli	Brocoli	Everywhere
Chili	Ají	Bolivia, Chile, Colombia, Venezuela, Ecuador, Paraguay, Uruguay, Argentina
Chili	Chile	México

Vegetable Name - English	Vegetable Name - Spanish	Most Commonly Used in:
Chili	Chili	Guatemala, El Salvador, Nicaragua, Honduras,
Chili	Chambo	Panamá
Chives	Cebolleta, Cebolla de Verdeo	Uruguay, Argentina
Chives	Cebollina	Panamá, Costa Rica, Honduras
Chives	Cebollita China	Perú
Chives	Cebolla Larga, Cebolla blanca, Junca	Ecuador, Colombia
Chives	Cebollín	El Salvador, Venezuela, Bolivia, Chile, Colombia, México
Chives	Cebollita de Verdeo	Paraguay

Vegetables – Quiz/Worksheet

Now that we have already seen some vegetables, let's play a game. You will read a description of a vegetable in Spanish and you will guess which is the vegetable we are talking about.

1. Es comunmente conocido por su color amarillo, aunque en el pasado podía encontrarse de múltiples tonalidades. Se usa para hacer comidas como la "arepa" y la "empanada". Es el _____.

2. Es rojo y circular. Es originario de América y se usa en la famosa pizza napolitana. Podrías cultivarlo en el jardín de tu casa. Es el _____.

3. Este es un vegetal que podría hacer tu boca arder. Hay algunos tipos que incluso podrían inflamarte la piel con sólo tocarlos. Es el ingrediente por excelencia en países

como México. Es el _____.

4. Estos son pequeños granos, usualmente rojos, que crecen dentro de una verde y alargada coraza. Son una buena fuente de proteína y hacen parte de un plato típico, llamado “Bandeja Paisa”. Son los _____.

5. En realidad es una fruta, que crece de una planta verde y mediana. Sus granos se usan para la preparación de una bebida caliente que la gente en muchos lugares del mundo bebe temprano en la mañana para sentirse despiertos y llenos de energía antes de empezar a trabajar. Es el _____.

6. Esta es la protagonista de Halloween, los niños y adultos juegan a hacer caras y poner velas entra de ella para adornar las casas. La _____ sirve tanto para preparaciones dulces como saladas.

7. Definitivamente, si haces una estadística saldrá como ganadora su presentación frita, como acompañante natural y clásico de las hamburguesas, las _____ son un tubérculo que tiene muchísimas formas de ser comidas.

8. Los ____ pueden llegar a ser confundidos con las bananas si no preguntas antes de comprarlos, hasta Tarzán podrá hablarte sobre esto.

9. El ____ está asociado directamente con la comida oriental, además es una parte de lo que envuelve el sushi. En Latinoamérica este grano blanco es uno de los acompañantes en los platillos fuertes como almuerzos y cenas.

10. De aquí nace uno de los postres favoritos de muchos, el chocolate. El ____ es la semilla de donde nace este dulce acompañante, los países Venezuela y Suiza se disputan el puesto número uno sobre quién tiene el mejor y más sabroso.

The answers

Let’s see what the answers are! Don’t worry if you had a hard time or if you got some of them wrong, and even less if it’s your first time, try to practice daily!

1. Maíz

2. Tomate

3. Ají
4. Frijoles
5. Café
6. Calabaza
7. Papas
8. Plátanos
9. Arroz
10. Cacao

Fun Facts

Did you know that corn was one of the first vegetables that were grown on the planet? And that there are at least 220 different types of it (with different colors)? And that there are several types of drinks made from it (like Chicha in Colombia and Pozol in Mexico)?

There are some expressions in Spanish that use the names of vegetables to say that something is not important to us, so: “Me importa un rábano / pepino / pimiento” = I don’t care.

Hey there. Welcome.

I'm Sandra Marulanda - and I wrote this article.

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Also, when we want to talk about our soulmate, we call it, literally, our “half orange”, for example, in a sentence like: “Eres mi media naranja” = You’re my soulmate.

In Colombia, the term “zanahoria” (carrot), is used to describe a person that doesn’t like to have fun or to party, someone that never drinks or wants to hang out, someone who is always early at home and is considered naive and boring. For example: “Eres muy zanahoria, nunca te quedas con nosotros hasta tarde” = You’re so boring/naive, you never stay with us until late.

Although Mexicans are often known for calling all kinds of grains “frijol” (beans), and also for being very good at making them for their typical dishes, one of the few grains that is saved from being called “frijol” is rice. By the way, if you want to practice your Mexican accent more, the way the word “frijol” is pronounced is by putting the vowel force on the letter “i”.