

Columbian Exchange

From Western Hemisphere to Eastern

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From Eastern Hemisphere to Western

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Foods

maize
potatoes
sweet potatoes
cassava (manioc)
tomatoes
pumpkins
squash
peanuts
lima beans
kidney beans
navy beans
string beans
cacao
chili peppers
papaya
avocado
pineapple
strawberry
raspberry
cashew
brazil nut
peanut

wheat	asparagus
sugar cane	garlic
carrot	apple
onions	cherry
melons	fig
radishes	pear
lettuce	plum
cabbage	lemon
cauliflower	artichoke
okra	beet
rice	parsnip
yams	
bananas	
coffee	
olives	
coconut	
breadfruit	
peas	
spinach	
cucumber	
chickpeas (garbanzos)	
grapes (for wine)	

Animals

turkeys
guinea pigs
Muscovy ducks

horses
cattle
sheep
goats
pigs
donkeys
chickens
guinea hens