

MASTER LIST: I-L

ITEM:	DATE	EXPLORER CITATION	LOCATION
Ierkyn-beef (see meat: dried, jerkey)			
Ignami (root)	1497	Vespucci. 1st voyage Vespucci. 1504. pp. 3-11	Caribbean
Iguana	1493-94	Columbus: 2nd voyage Bernaldez. 1513. Vol. 1, pp. 120-121	Caribbean
	1497	Vespucci: 1st voyage Vespucci. 1504. p. 12-15	Caribbean
	1526	Cortez expedition Cortés: 5th letter. 1526, p. 315	C.A. Mexico
	1599-1602	Champlain voyage. Champlain. 1603. p. 33	C.A. Mexico
	1606	Archer Expedition Percy. 1608. p. 132	Caribbean
Inchic (see peanut)			
Indian potato (see marsh potato)			
Indian wheat (see maize)			
Jack rabbit?	1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 145-146	N.A. southeast
Jelly: smilax root	1585	Virginia settlement Hariot. 1588. pp. 348-349	N.A. east coast
Jerky: unidentified meat source			
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 6:6 pp. 326-327	S.A. Peru
Jerkey (see also meat: dried; buffalo, cattle, deer)			

Jicama	1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico
Jobo	1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico
Juice: fermented; maguey			
	1519	Cortez expedition Bernal Diaz. 1576. p. 60	C.A. Mexico
	1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
Juice: fermented; maguey; mixed with maize			
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
Juice: fermented; maguey; mixed with mulli			
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
Juice: fermented; maguey; mixed with quinoa			
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
Juice: fermented (see also beer; wine)			
Juice: unfermented; grape; native, wild			
	1540-42	Coronado expedition de Castañada. 1596. Part 1, pp. 40-41	N.A. southwest

Juice: unfermented; maguey

1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
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Juice: unfermented; maguey; boiled in rainwater

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:13 pp. 505-506	S.A. Peru
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Juice: unfermented; prickly pear

1612	Virginia settlement Strachey. 1612. p. 120	N.A. east coast
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Kaishucpenauk (see duck potato)

King crab (see crab: king crab)

Lamb: European introduction

1495	Columbus expedition Columbus memorandum. 1495. Vol. 1. pp. 84-86	Caribbean
1612	Virginia settlement Smith. 1612. p. 353	N.A. east coast

Lamprey	1612	Virginia settlement Strachey. 1612. pp. 127-128	N.A. east coast
	1612	Virginia settlement Smith. 1612. p. 350	N.A. east coast

Lamprey (see also eel)

Lard: bear	1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 69-74	N.A. southeast
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Lard: pig	mid 16th c.	Early Spanish period	S.A. Peru
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de la Vega. 1609-12.
9:19 pp. 585-586

Lard: pig; substituted for olive oil on Friday and during Lent

mid 16th c. Early Spanish period
de la Vega. 1609-12.
9:19 pp. 585-586 S.A. Peru

Lavander: European introduction

mid 16th c. Early Spanish period
de la Vega. 1609-12.
9:29 pp. 601-602 S.A. Peru

Leaf: unidentified variety; described as having "clove smell"

1493-94 Columbus: 2nd voyage
Columbus. 16th century?
Vol. 1. p. 24 Caribbean

Leaf: coca; chewed to alleviate hunger, thirst, and weariness

1532-34 F. Pizarro: 3rd expedition
P. Pizarro. 1571. Vol. 1. p. 262 S.A. Peru
mid 16th c. Early Spanish period
de la Vega. 1609-12.
1:11 pp. 34-35, also 8:15
pp. 509-511 S.A. Peru

Leaf: maguey; roasted

1540-42 Coronado expedition
Jaramillo. 16th century?
pp. 119-120 N.A. southwest

Leaf: maize; famine food

1519 Cortez expedition
de Sahaun. 1555. p. 79 C.A. Mexico

Leaf: saffron; famine food

1585-86	Virginia settlement Lane. 1586. p. 272	N.A. east coast
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Leather: famine food

1519	Cortez expedition de Sahaun. 1555. p. 79	C.A. Mexico
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Leek: native, wild	1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
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Leek: native, wild; eaten by Europeans, not Native Americans

1585	Virginia settlement Hariot. 1588. p. 350	N.A. east coast
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Lemon: European introduction

1582	American summary Hakluyt. 1582. pp. 139-141	N.A. east coast
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1585	Virginia settlement Hariot. 1588. p. 336	N.A. east coast
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1585-86	Drake expedition Bigges. 1589. pp. 228-229	Caribbean
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1599-1602	Champlain voyage. Champlain. 1603. pp. 7-12	Caribbean
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1599-1602	Champlain voyage. Champlain. 1603. pp. 22-25	C.A. Mexico
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Lentil: European introduction

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602	S.A. Peru
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Lentisk (see mastik: misidentified)

Lettuce: native, wild?

1599-1602	Champlain voyage. Champlain. 1603. pp. 32-33	C.A. Mexico
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Lettuce: domesticated; European introduction

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602	S.A. Peru
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Licorice: European introduction; test planting report

1607	Virginia settlement Archer. 1607. pp. 99-102	N.A. east coast
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Ligoacam-like fruit

1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 221-222	N.A. southeast
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Lime: European introduction; undifferentiated by type

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:27 pp. 598-599	S.A. Peru
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Lime: European introduction; bitter variety

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:28 pp. 599-600	S.A. Peru
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Lime: European introduction; sweet variety

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:28 pp. 599-600	S.A. Peru
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Liquidambar (see tobacco)

Little rice (see quinoa)

Lizard: undifferentiated; probably iguana

1493-94	Columbus: 2nd voyage Columbus. 16th century?	Caribbean
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Lizard: undifferentiated; probably iguana; famine food

	1519	Cortez expedition de Sahaun. 1555. p. 79	C.A. Mexico
Llama	1532	F. Pizarro: 3rd expedition Xeres. 1534. pp. 32-33	S.A. Peru
	1532-34	F. Pizarro: 3rd expedition P. Pizarro. 1571. Vol. 1. p. 154	S.A. Peru
	1533	F. Pizarro: 3rd expedition H. Pizarro. 1533. pp. 120-122	S.A. Peru
	1534	H. Pizarro expedition Astete. 1534. pp. 76-78	S.A. Peru
	1534	F. Pizarro: 3rd expedition Sancho. 1534. pp. 64-66	S.A. Peru
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 1:11 pp. 34-35 also 8:16 pp. 512-513	S.A. Peru
	1599-1602	Champlain voyage. Champlain. 1603. p. 35	C.A. Mexico

Llama (see also: mountain cattle; Peruvian sheep)

Lobster	1562	Florida settlement Ribault. 1582. pp. 101-108	N.A. southeast
	1585	Virginia settlement Hariot. 1588. pp. 361-362	N.A. east coast
	1592-93	New England Settlements. Hayes. 1592-93. pp. 170-172.	N.A. northeast
	1602	Gosnold Expedition Archer. 1602. pp. 136-138	N.A. northeast
	1602	Gosnold Expedition Brereton. 1602. pp. 150-152	N.A. northeast
	1603	Pringe Expedition Pringe. 1603. pp. 225-226	N.A. northeast
	1605	Waymouth Expedition Rosier. 1605. pp. 262-264	N.A. northeast
	1607	Davies [Davis] Voyage Davies [Davis]. 1607. pp. 419-420	N.A. northeast

Lobster: designs depicted on Inca vases

	1532-34	F. Pizarro: 3rd expedition P. Pizarro. 1571. Vol. 1. pp. 265-268	S.A. Peru
Loggerhead (see turtle; marine)			
Lovage (herb)	1602	Gosnold Expedition Archer. 1602. pp. 126-128	N.A. northeast
Lovage (herb): soup	1602	Gosnold Expedition Archer. 1602. pp. 136-138	N.A. northeast
Lumpus (fish)	1605	Waymouth Expedition Rosier. 1605. pp. 262-264	N.A. northeast
Lupine: edible variety called tasrui			
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:9 p. 500	S.A. Peru