

Q'eqchi'  
Kastiiy  
Inglés

Xtzolb'al  
iloq' ru hu.  
Xtzol'al  
tz'iib'ak.

Jump'aat  
Aj ajsinel u  
Chaab'ilo'k



A a Z  
Sano, natural  
plantas comestibles

A a Z

Chab'il, Li na ah'omang  
li ch'e li na q'uxmanq'

A



Apaso'ot

Apazote  
Apazote

C

Chaya  
Chaya  
Chaya



K



Kakaw  
Cacao  
Cocoa

O

O'  
Aguacate  
Avocado



# A a Z Sano, natural plantas comestibles



For more information on flora: [www.maya-ethnobotany.org](http://www.maya-ethnobotany.org)  
For more information on fauna: [www.maya-ethnozoology.org](http://www.maya-ethnozoology.org)

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