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# The Foods & Flora of Pern

*Based in part on materials from Kindis, StarRise, Sunfall  
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The following is a listing of foods eaten on Pern, as well as inedible plants grown for other uses, mostly medicinal. It includes those which are native to the planet and those which were successfully transplanted there by the original settlers. The uses of the edible and medicinal plants are briefly described, and descriptions of the various other foods are also given. Many of these are never mentioned in Anne McCaffrey's books, and have been developed by fandom in general. Using these terms in your stories, however, instead of just vague mentions of herbs or generic types of foods, makes your stories seem more Pernese.

Much more in-depth information on medicinal herbs is given in the article "[More on Medicinal Herbs](#)."



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**Aconite** - (see "[Medicinal Herbs](#)")

**Agrimony** - (see "[Medicinal Herbs](#)")

**Aloe** - (see "[Medicinal Herbs](#)")

**Anise** - Used for flavoring special breads and pastries, but primarily considered medicinal (see "[Medicinal Herbs](#)")

**Arnica** - (see "[Medicinal Herbs](#)")

**Bamboograss** - a tough, spear-like grass, grown for fiber.

**Beer** - a common drink throughout Pern. Nearly every hold and crafthall brews its own, using barley, hops, malt, rice, fruit, and/or other flavoring agents. All the common terran varieties exist on Pern, including ales, lagers, porters, stouts, and so forth.

**Berries** - available are blueberries, blackberries, strawberries, and raspberries.

**Borage** - (see "[Medicinal Herbs](#)")

**Brandy** - an alcoholic liquor produced by the distillation of grape wine and matured by aging in wooden casks. Has a very high alcoholic content. Similar drinks, cordials and liqueurs, are produced using other types of fruit wines.

**Breads** - self-explanatory. A wide variety of recipes are available.

**Bubbly Pies** - tarts made from berries and other fruits.

**Carrots** - self-explanatory.

**Cereal** - porridge and oatmeal; a common breakfast item.

**Chai** - tea; several varieties are available, including herbals.

**Cheese** - self-explanatory. A wide variety is available, made from goat, sheep, cattle, and horse milk.

**Cider** - a common drink throughout the Southern Continent, pressed from apples and other types of fruit. Both hard (alcoholic) and soft (non-alcoholic) varieties are available.

**Citron** - a citrus fruit similar to a cross between an orange and a lemon.

**Comfrey** - (see "[Medicinal Herbs](#)")

**Cress** - a grass-like salad green

**Dintale** - (see "[Medicinal Herbs](#)")

**Ezob** - another name for Hissop. (see "[Medicinal Herbs](#)")

**Featherfern** - (see "[Medicinal Herbs](#)")

**Feather herb** - (see "[Medicinal Herbs](#)")

**Fellis** - (see "[Medicinal Herbs](#)")

**Feverease** - (see "[Medicinal Herbs](#)")

**Fishrolls** - a common type of meatroll -- the Pernese brand of sandwich.

**Flax** - a crop plant grown for fiber

**Fruits** - available are apples, oranges, pears, grapes, peaches, plums, watermelons, lemons, tomatoes, cherries, and others.

**Glow** - a luminous fungi which emits quite a bit of light but little heat, making it a standard indoor lighting source in human habitations. A glow will dim after a few sevendays, and must be refreshed on a bed of manure. Widely cultivated by the Pernese. (See "[About Glows](#)" for more details.)

**Goru Pears** - a tart, tangy pear-like fruit.

**Grains** - available are wheat, rye, rice, couscous, corn, sorghum, barley, millet, oats, and others.

**Greens** - (salad greens) available are several varieties of lettuce, cabbage, and spinach.

**Herbs** - both medicinal and for cooking: imported varieties include thyme, tarragon, rosemary, hazel, willow, basil, coriander, cumin, and others.

**Hissop** - Pernese spelling of terran "hyssop". Also known as Ezob. (see "[Medicinal Herbs](#)")

**Klah** - a native bark which is powdered and brewed to make a caffeine-heavy drink which reportedly tastes like coffee, chocolate, and cinnamon. Also is often used as a spice.

**Leeks** - an edible plant related to the weeper (onion) with a white stalk and dark green leaves.

**Legumes** - beans; a wide variety are available, such as pinto, green, pea, and string.

**Marshberry** - a yellow-blooming bush with edible black berries.

**Meat** - self explanatory. Wherry, whersport, beef, veal, lamb, mutton, pork, fowl, seafood, and even "exotic" meats such as horse, tunnel snake, dog, and wher are available. Flesh considered taboo for consumption are shipfish, dragon, firelizard, and (of course) human.

**Meatrolls** - a common meal -- the Pernese brand of sandwich.

**Milk** - available from goat, cattle, and horse. All varieties of dairy products, from butter to cream to yogurt, is made.

**Mockweed** - a leafy green that closely resembles salad greens; is edible, but very bitter tasting.

**Moonvine** - a flowering vine with sweet tasting red-orange fruit.

**Mosstea** - used for packing wounds and preventing infection; not for drinking.

**Mushrooms** - a wide variety of Terran fungi have adapted to Pernese soil. None of the native fungi are edible. Edible varieties produced on the Southern Continent include oyster mushrooms, buttons, morels, shiitake, and chanterelles.

**Needlethorn** - (see "[Medicinal Herbs](#)")

**Nettleweed** - young nettleweed plants make good salad greens; mature plants are used for medicinal purposes.

**Numbweed** - (see "[Medicinal Herbs](#)")

**Redfruit** - a fruit similar to a cross between an apple and a plum.

**Red Melon** - a sweet fruit similar to a honeydew melon, except that its meat is ruby red.

**Redroots** - beets. A prime source of sugar.

**Redwort** - A stronger variety of soapwort. (see "[Medicinal Herbs](#)")

**Salt** - self-explanatory. Taken from the sea as well as from salt mines.

**Sausage** - the most common form of preserved meat. A huge variety is available; often different regions will specialize in their own types of sausage.

**Sisal** - a tough desert plant grown for fiber.

**Soapwort** - (see "[Medicinal Herbs](#)")

**Spearleek** - chinese leeks; used medicinally to relieve congestion and stimulate appetite.

**Sugarcane** - grown and harvested both in Nerat in and some areas of Southern (notably Delta Hold.) Used to make brown sugar, molasses, white sugar, and powdered sugar. Recent experiments have produced rum as well.

**Sungazer** - a tiny flowering plant. Pretty to look at, but of no general use.

**Sweatroot** - (see "[Medicinal Herbs](#)")

**Sweet** - a wide variety of desserts, or "sweets", is made on Pern, from white cakes to spice cakes, to puddings and pies.

**Sweetball** - a white taffy-like candy. Very chewy and sticky, and can be widely flavored and colored.

**Sweetening** - syrup, made from fruits or base sugars.

**Thyme** - used for flavoring as well as medicinally. (see "[Medicinal Herbs](#)")

**Tuftgrass** - (see "[Medicinal Herbs](#)")

**Weepers** - onions. They come in a number of varieties, including green, yellow, white, red, and sweet.

**Whitebulb** - garlic

**Whitethorn** - used to relieve heart palpitations.

**Willowbark** - used like aspirin; can be brewed into an analgesic tea.

**Wine** - all three major types of wine, table wines, sparkling wines, and fortified wines, are made on Pern. The best wines come, arguably, from Benden Hold and the Northern Vinter's Hall there. However, some rival wines are being produced at various locations on the Southern Continent.

**Withies** - edible, grass-like plant which is also used in weaving baskets.

**Yellowfruit** - bananas. Grown both on Southern and in Nerat.

**Yellowvein** - an edible green with yellow stripes.