

Overview about the different sorts of crops

There are many sorts of crop from which vegetable oils can be produced: here is a selection

Type of crop	Botanical expression	Occurence	Recovery rate (kg / ha)
Cashew	Anacardium occidentale	Vietnam, India, Brazil	148
Rubber tree	Hevea brasiliensis	Brazil	195
Kenaf	Hibiscus cannabinus L.	Asia (esp. South/East), also South East Europe and Africa	230
English Marigold	Calendula officinalis	Europe, Asia	256
Upland cotton	Gossypium hirsutum	North and Middle America	273
Cannabis	Cannabis sativa	Asia, South and Central America, Africa, Netherlands	305
Soya bean	Glycine max	Middle and East Asia, South America	375
Coffee	Coffea arabica	East Africa to Middle East	386
Flax	Linum usitatissimum	Eastern Mediterranean Europe to Middle Asia	402
Common Hazel	Corylus avellana	Europe, Asia	405
Pumpkin	Cucurbita pepo	North America, Continental Europe, India, Australia, New Zealand	449
White Mustard	Brassica alba	North Africa, Middle East, Mediterranean Europe	481
Gold-of-Pleasure	Camelina sativa	Northern Europe, Central Asia, North America	490
Sesame	Sesamum indicum	All tropical regions in the World	585
Tung tree	Aleurites fordii	China, Argentina, Paraguay	790

Sunflower	<i>Helianthus annuus</i>	North and Middle America, Europe, Middle East, China, Russia	800
Cacao	<i>Theobroma cacao</i>	Middle and South America, Western Africa, Indonesia	863
Peanut	<i>Arachis hypogaea</i>	Mexico, Central America	890
Opium poppy	<i>Papaver somniferum</i>	Middle East, Asia	978
Rapeseed	<i>Brassica napus</i>	Europe, North and Middle America, Asia, Australia, New Zealand	1000
Olive	<i>Olea europaea</i>	South and Southeast Europe, Minor Asia, Iran to China, North Africa (Maghreb), South Africa, Australia, New Zealand	1019
Castor oil plant	<i>Ricinus communis</i>	Southeast Europe, East Africa, India, China, Brazil	1188
Jojoba	<i>Simmondsia chinensis</i>	Middle and South America, Israel, Palestine	1528
Babassu Palm	<i>Orbignya martiana</i>	South America (esp. Brazil)	1541
Barbados nut (Pourghère)	<i>Jatropha curcas</i>	Central America, Africa, Asia	1590
Macadamia Nut	<i>Macadamia terniflora</i>	Australien, Malaysia, Hawaii	1887
Brazil Nut	<i>Bertholletia excelsa</i>	South America	2010
Avocado	<i>Persea americana</i>	Middle, Central and South America, Indonesia, Phillipines, Australia, New Zealand	2217
Coconut	<i>Cocos nucifera</i>	India, Indonesia, Brazil	2260
African Oil Palm	<i>Elaeis guineensis</i>	Malaysia, Indonesia, several African countries	5000