

Chinese Name	English	Photo
<p>Gailan “Guy lon” Jai lan</p>	<p>Chinese broccoli Chinese kale Problems: flea beetles, downy mildew and nutrient deficiencies</p>	
<p>Bokchoi (white stem) Shanghai biokchoi (green stem)</p>	<p>Chinese cabbage Several varieties large small extra small with green and white stem (petioles)</p>	
<p>Choy sum (white) Cai Xin</p>	<p>Baby Bok Choy – Chinese cabbage: •Rounded, crinkled, dark green leaves white stem, average cut size 8"-10"</p>	
<p>Choi sum (yellow flower) (CC) Choy sum; (MC) Cai xin</p>	<p>Chinese flowering cabbage Choy sum and (Flowering Chinese leaf cabbage) Often referred to as "baby bok choy". Similar uses and production problems as bok choy</p>	

<p>Yu choy</p>	<p>Yu choy (Flowering edible rape) Uses the same as bok choy and choy sum. Glossier green color and more upright than choy sum.</p>	
<p>Xia (small) Gai Choi (CC) Gai choy; MC) Jie cai</p>	<p>Small Chinese mustard green •Several varieties are found in this group. •A wide range of uses in salads, boiled, steamed and stir-fried dishes. Can also be pickled</p>	
<p>Chinese Name</p>	<p>English</p>	<p>Photo</p>
<p>Da Gai choy (CC) Gai choy; MC) Jie cai</p>	<p>Big Chinese mustard green</p>	
<p>(CC) Nai yow choy</p>	<p>Flat flowering Chinese leaf cabbage Grows in rosette with crinkly green leaves. production concerns similar to choy sum and yow choy</p>	

<p>Nira Jiu cai (Tsai) Gow choy</p>	<p>Green Chinese Chives Garlic chives</p> <p>§Leaves are used like traditional chives. Flowers are also edible and both have a garlic flavour. Also used in herbal medicines.</p> <p>Problems: onion thrips and downy mildew</p>	
<p>Yellow Nira Jiu cai (Tsai) Gow choy</p>	<p>yellow Chinese Chive Blanched nila (<i>Allium odorum</i>) Whole plant harvest Uncovered just before harvest Bundled and boxed in field Multiple hand harvests</p>	
<p>Chinese Name</p>	<p>English</p>	<p>Photo</p>
<p>(CC) Gow choy (MC) Jiu cai</p>	<p>Nira blooms Flowers are also edible and both have a garlic flavor. Also used in herbal medicines</p>	

<p>(CC) Gin Cai; (CM) Kun Choy</p>	<p>Chinese celery</p> <ul style="list-style-type: none"> •Green petioles, high yielding, and more aromatic •Stronger flavor than ordinary celery, and it's often used in stir-fries and soups. •Tastes more like an herb, somewhat like parsley. 	
<p>Yin Cai (Tsai) Hinn Choy</p>	<p>Vegetable amaranth— “Chinese spinach”--</p> <p>green amaranth red amaranth Variegated amaranth</p> <p>Problems: and leaf blight and weeds</p>	
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<p>Tung ho Chong Ho, Tong Hao Cai</p>	<p>Vegetable chrysanthemum</p> <ul style="list-style-type: none"> •In China, the leaves are commonly used in soups. •Flowers are used for tea •Leaves: round or serrated 	
<p>(CC) Dow miu; (MC) Dou miao</p>	<p>Pea Shoot</p> <p>Normal pea varieties Pinching of shoot tips Multiple harvest: 1-2 times per week Harvest: 3-4 months Cool season</p>	
<p>(CC) Tung choy; (MC) Kongxin cai</p>	<p>Water spinach</p> <ul style="list-style-type: none"> •Member of the Morning glory (Convolvulaceae). •herbaceous aquatic or semi-aquatic perennial plant. •Hollow-stemmed green <p>Problems: thrips, spider mites, aphids, fungal leaf blight</p>	
	<p>Yam Leaves</p>	

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Chinese spinach	Chinese spinach Malabar spinach	
(MC) Ku gua	Bitter Melon. §Cucurbit family §Summer annual §Trellised §harvested green	
Si gua	Chinese Okra. §Edible when immature- like zucchini §Fresh, cooked and pickled dishes. §Mature fruits can be used as a sponge.	
(CC): Tsit gua; (MC): Mao gua, Jie gua	Fuzzy Melon •Called fuzzy squash when harvested immature •Called winter melon if left to mature. •Cooked in soups or pickled. Problems: are similar to other cucurbits	
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<p>(CC): Lo bok; (MC): Luo bu Daikon</p>	<p>Asian Radish</p> <ul style="list-style-type: none">•Usually cooked or•can also be used in salads.•Foliage a good edible green in soups.•Problems include cabbage maggot, flea beetles, virus diseases, soft rot and Alternaria spot	
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