

# Traditional Chinese Vegetables at the IR-4/USDA Crop Grouping Symposium

The numerous varieties of Oriental vegetables add taste, color and fun to modern American diets. Among Oriental vegetables, Chinese vegetables play an important role. The cultivation of vegetables in China can be traced back to before 2000 B.C. The vast land, rich resources, and various climates from near arctic to the tropics have made China one of the major vegetable growing countries in the world.

With the enhanced global agricultural activities, more and more of the Oriental crops are introduced into U.S. agriculture. Most Chinese vegetables in the U.S. are named according to Cantonese dialect, while Mandarin names are used in most parts of Mainland China and Taiwan. In this article traditional Chinese vegetables are listed by their English, Scientific, Mandarin, and Cantonese names. For some vegetables, there are more than one name in Mandarin or Cantonese. We only listed the preferred name in this article. The last column will list the crop groups or subgroups in which these vegetables belong, or, if they are not yet in an established crop group, the suggested groups. However in this article, this column is left blank for suggestions from the readers.

When we consider vegetable crop groupings, some differences in vegetable consumption between U.S. and China are worth noting. For example, many crops that are considered as leafy vegetables and used as major ingredients in vegetable dishes in China are considered in the U.S. as herbs, such as angelica, chives, cilantro, and purslane, or forage such as alfalfa. There are many Chinese vegetable crops that have not yet been widely adopted in U.S. diets, such as bamboo shoot, Chinese toon, and some edible ferns. Interestingly, many of these crops are used by Chinese not only as food, but also as medicine for healing and improving longevity. This article attempts to provide information for the upcoming 2002 Crop Grouping Symposium on 7-8 October in Arlington, VA. IR-4 welcomes growers, researchers, regulatory officials and interested individuals to make comments and suggestions.

## Partial List (A to C only)

Traditional Chinese Vegetables: English, Scientific, Mandarin and Cantonese Names, and Crop Groups/Subgroups. For the crop group, please provide your input. References available on demand.

<u>English Name</u>	<u>Scientific Name</u>	<u>Mandarin Name</u>	<u>Cantonese Name</u>	<u>Suggested Crop Group(s)</u>
Alfalfa	<i>Medicago hispida</i> Gaertn	Jin Hua Cai	Gum Fa Choi	
Amaranth	<i>Amaranthus</i> spp.	Xian Cai	Yin Choi	
Angelica Tree	<i>Aralia elata</i> (Miq.) Seem.	Cong Mu	Chung Muk	
Arrow Roots	<i>Maranta arundinacea</i>	Fin Ge	Fin Guo	
Bamboo Shoot	<i>Bambusoideae</i> spp.	Zhu Sun	Jok Shun	
Basil	<i>Ocimum basilicum</i> L.	Luo Le	Lau Lak	
Bean Cypress	<i>Kochia scoparia</i> (L.) Schrad.	Di Fu	Dai Fu	
Bitter Gourd	<i>Momordica charantia</i> L.	Ku Gua	Foo Gua	
Black Moss	<i>Nostoc commune</i> Vaucher	Fa Cai	Fat Choi	
Black Mushroom	<i>Lentinula edodes</i> (Berk.) Pfegler/ <i>Lentinus edodes</i> (Berk.) Sing.	Xiang Gu	Heung Gu	
Bracken Fern	<i>Pteridium aquilinum</i> (L.) Kuhn var. <i>latiusculum</i> (Desv.) Underw.ex A. Heller	Jue Cai	Kuet Choi	
Broad Bean	<i>Vicia faba</i> L.	Can Dou	Cham Tau	
Calabash	<i>Lagenaria siceraria</i> (Molina) Standl.	Hu Gua	Wu Gua	

Continued on Page 12

# Traditional Chinese Vegetables at the IR-4/USDA Crop Grouping Symposium (Continued)

Continued from Page 11

<u>English Name</u>	<u>Scientific Name</u>	<u>Mandarin Name</u>	<u>Cantonese Name</u>	<u>Suggested Crop Group(s)</u>
Carrot	<i>Daucus carota</i> L. var. <i>sativus</i> DC.	Hu Luo Bo	<u>Woo Law Pak</u>	
Catmint	<i>Nepeta japonica</i> Maxim.	Jing Jie	<u>Ging Gai I</u>	
Cat's Whiskers	<i>Cleome gynandra</i> L.	Bai Hua Cai	<u>Pak Fa Choi</u>	
Chanterelle	<i>Cantharellus cibarius</i> Fr.	Ji You Jun	<u>Kai Yau Kwan</u>	
Chieh-qua	<i>Benincasa hispida</i> (Thunb.) Cogn. var. <i>Chieh-qua</i> How	Jie Gua	<u>Git Gua</u>	
Chinese Arrowhead	<i>Sagittaria trifolia</i> var. <i>edulis</i> (Schlecht.) Sieb. et Zucc.	Ci Gu	<u>Chi Gu</u>	
Chinese Artichoke	<i>Stachys sieboldii</i> Miq./ <i>Stachys affinis</i> Bunge	Cao Shi Can	<u>Cho Shek Cham</u>	
Chinese Cabbage	<i>Brassica campestris</i> L. spp. <i>Pekinensis</i> (Lour.) Olsson/ <i>Brassica rapa</i> var. <i>pekinensis</i> (Lour.) Olsson	Da Bai Cai	<u>Tai Pak Choi</u>	
Chinese Celery	<i>Apium graveolens</i> L./ <i>Apium graveolens</i> L. var. <i>dulce</i> (Mill.) Pers.	Qin Cai	<u>Kan Choi</u>	
Chinese Chive	<i>Allium tuberosum</i> Rott. ex Spreng.	Jiu Cai	<u>Gau Choi</u>	
Chinese Kale	<i>Brassica oleracea</i> L. var. <i>alboglabra</i> Bailey	Gai Lan	<u>Kai Lam</u>	
Chinese Lantern	<i>Physalis alkekengi</i> L. var. <i>franchetii</i> (Mast.) Makino	Suan Jiang	<u>Suen Cheung</u>	
Chinese Mallow	<i>Malva verticillata</i> L.	Dong Han Cai	<u>Tung Han Choi</u>	
Chinese Mustard	<i>Brassica campestris</i> L. spp. <i>Chinensis</i> (L.) Makino var. <i>communis</i> Tsen et Lee/ <i>B. rapa</i> var. <i>chinensis</i> (Rupr.) Olsson	Xiao Bai Cai	<u>Siu Pak Choi</u>	
Chinese Pickling Melon	<i>Cucumis melo</i> L. var. <i>flexuosus</i> Naud.	Cai Gua	<u>Choi Gua</u>	
Chinese Toon	<i>Toona sinensis</i> (A. Juss.) Roem.	Xiang Chun	<u>Heung Chun</u>	
Chinese Vegetable Melon	<i>Cucumis melo</i> L. var. <i>conomon</i> Makino	Yue Gua	<u>Yuet Gua</u>	
Chinese Water Chestnut	<i>Eleocharis dulce</i> (Burm.f.) Trin. ex Hensche/ <i>Eleocharis</i> <i>tuberosa</i> L.	Bi Qi	<u>But Tsai</u>	

Article by Hong Chen