<table>
<thead>
<tr>
<th>Chinese Name</th>
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</table>
| **Gailan**
   “Guy lon”
   Jai lan                  | Chinese broccoli
                                Chinese kale
                                Problems: flea beetles,
                                downy mildew and nutrient
deficiencies |       |
| **Bokchoi**
   (white stem)
   Shanghai biokchoi
   (green stem)       | Chinese cabbage
                                Several varieties large small
                                extra small with green and
                                white stem (petioles) |       |
| **Choy sum**
   (white)
   Cai Xin                   | Baby Bok Choy –
                                Chinese cabbage: •Rounded,
                                crinkled, dark green leaves
                                white stem, average cut size
                                8”-10” |       |
| **Choi sum**
   (yellow flower)
   (CC) Choy sum;
   (MC) Cai xin             | 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 |       |
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<tr>
<td><strong>Yu choi</strong></td>
<td>Yu choy (Flowering edible rape)</td>
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<td></td>
<td>Uses the same as bok choy and choy sum. Glossier green color and more upright than choy sum.</td>
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<tr>
<td><strong>Xia (small)</strong></td>
<td>Small Chinese mustard green</td>
<td></td>
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<tr>
<td><strong>Gai Choi</strong></td>
<td>Several varieties are found in this group. A wide range of uses in salads, boiled, steamed and stir-fried dishes. Can also be pickled</td>
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<td>(CC) Gai choy; MC)</td>
<td>Jie cai</td>
<td></td>
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<td><strong>Jie cai</strong></td>
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<tr>
<td><strong>Da Gai choi</strong></td>
<td>Big Chinese mustard green</td>
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<td>(CC) Gai choy; MC)</td>
<td>Jie cai</td>
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<td><strong>Jie cai</strong></td>
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<tr>
<td>(CC) Nai yow choy</td>
<td>Flat flowering Chinese leaf cabbage</td>
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<td></td>
<td>Grows in rosette with crinkly green leaves. Production concerns similar to choy sum and yow choy</td>
<td></td>
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| **Nira**  
**Jiu cai (Tsai)**  
**Gow choy** | **Green Chinese Chives**  
Garlic chives  
§Leaves are used like traditional chives. Flowers are also edible and both have a garlic flavour. Also used in herbal medicines.  
Problems: onion thrips and downy mildew |
|---|---|
| **Yellow Nira**  
**Jiu cai (Tsai)**  
**Gow choy** | **yellow Chinese Chive**  
**Blanched nila (Allium odorum)**  
Whole plant harvest  
Uncovered just before harvest  
Bundled and boxed in field  
Multiple hand harvests |

| **Chinese Name**  
**Gow choy (MC)**  
**Jiu cai** | **English**  
Nira blooms  
Flowers are also edible and both have a garlic flavor. Also used in herbal medicines |
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| (CC) Gin Cai; (CM) Kun Choy | Chinese celery  
• 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. | ![Chinese celery photo](image1) |
| Yin Cai (Tsai) Hinn Choy | Vegetable amaranth—“Chinese spinach”—  
green amaranth  
red amaranth  
Variegated amaranth  
Problems: and leaf blight and weeds | ![Amaranth leaves photo](image2) |
| **Tung ho**<br>Tong Hao Cai | Vegetable chrysanthemum  
• In China, the leaves are commonly used in soups.  
• Flowers are used for tea  
• Leaves: round or serrated |
|---|---|
| **(CC) Dow miu; (MC) Dou miao** | Pea Shoot  
Normal pea varieties  
Pinching of shoot tips  
Multiple harvest: 1-2 times per week  
Harvest: 3-4 months  
Cool season |
| **(CC) Tung choy; (MC) Kongxin cai** | Water spinach  
• Member of the Morning glory (Convolvulaceae).  
• Herbaceous aquatic or semi-aquatic perennial plant.  
• Hollow-stemmed green  
Problems: thrips, spider mites, aphids, fungal leaf blight |
<p>| <strong>Yam Leaves</strong> | --- |</p>
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<tr>
<td>Chinese spinach</td>
<td>Malabar spinach</td>
<td><img src="image" alt="Chinese spinach" /></td>
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<tr>
<td>(MC) <strong>Ku gua</strong></td>
<td>Bitter Melon. §Cucurbit family §Summer annual §Trellised §harvested green</td>
<td><img src="image" alt="Bitter Melon" /></td>
</tr>
<tr>
<td><strong>Si gua</strong></td>
<td>Chinese Okra. §Edible when immature- like zucchini §Fresh, cooked and pickled dishes. §Mature fruits can be used as a sponge.</td>
<td><img src="image" alt="Chinese Okra" /></td>
</tr>
<tr>
<td>(CC): Tsit gua; (MC): Mao gua, Jie gua</td>
<td>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</td>
<td><img src="image" alt="Fuzzy Melon" /></td>
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| **Asian Radish** | • 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 |

**Daikon**

(CC): Lo bok;  
(MC): Luo bu Daikon