



A GUIDE TO

Promoting *ASIAN SPECIALTY*
Produce



ACKNOWLEDGEMENTS

This project is supported by the California Department of Food and Agriculture Specialty Crop Block Grant Program

We are grateful for the following people who contributed to the *Guide*, by writing, reviewing, editing, or providing photographs and farm expertise. Without their contributions, this *Guide* could not have been possible.

CONTRIBUTING FARMERS

Tzexa Lee, Cherta Farms,
Dewolf Ave and American Ave, Del Rey, CA

Tou Teng Thao, GT Florist,
Elm Ave and Central Ave, Fresno, CA

Xia Thao Vang, Vaj Produce,
Kings Canyon and Academy, Sanger, CA

Cha Lee Xiong, Cha Lee's Farm,
North Ave and Del Rey Ave, Del Rey, CA

CONTRIBUTING CHEF

Vimolluck (Oot) Tiyaamornwong,
Chef, Food Services,
Fresno Economic Opportunities Commission, Fresno, CA

CONTRIBUTING PARTNERS

Lalo Acevedo, Retired, Small Farmer Advocate, Fresno, CA

Zoua Her, Hmong Interpreter, Fresno, CA

Richard Molinar, Farm Advisor,
UC Cooperative Extension, Fresno, CA

Dr. Toulou Thao, Senior Management Analyst,
U.S. Department of Housing & Urban Development, Fresno, CA

Sally Tripp, Area Specialist, Rural Development,
U.S. Department of Agriculture, Fresno, CA

Michael Yang, Hmong Agricultural Assistant,
UC Cooperative Extension, Fresno, CA

CONTRIBUTING AUTHORS AND EDITORS

Blong Lee, Manager, Fresno Community Development
Financial Institution, Fresno, CA

Jennifer Sowerwine, Research Associate,
UC Berkeley, Berkeley, CA

Jensen Vang, Food Systems Development Manager,
Fresno Economic Opportunities Commission, Fresno, CA

Sam Vang, Soil Conservationist,
USDA Natural Resources Conservation Service, Fresno, CA

Planning and Resource Development Office,
Fresno Economic Opportunities Commission
Sally Gomez, Grant Writer, Fresno, CA
Rebecca Miller, Grant Writer, Fresno, CA

Communications Office, Fresno Economic Opportunities Commission
Nasreen Riahizadeh, Media and Public Relations Specialist, Fresno, CA
Sareen Bedoyan, Marketing and Communications Coordinator, Fresno, CA

Special thanks to Fresno Economic Opportunities Commission
for the support and contributions of its leadership team:

Juan Homer Leija, Board Chair

Brian Angus, Chief Executive Officer

Paul McLain-Lugowski, Planning and Resource Development Officer

Lynne Jones, Strategy and Communications Officer

Gary Joseph, Food Services/Transit Director

GRAPHIC DESIGN

Yang Design, www.yangdesign.net



PREFACE

This **Guide to Promoting Asian Specialty Produce** was developed for distribution to growers, inspectors, and consumers. It will serve as a tool to standardize the nomenclature for a wide variety of Asian specialty crops in a culturally and linguistically sensitive manner, in hopes of mitigating confusion, facilitating communication among all sectors, and validating the authenticity of annually issued Certified Producer's Certificates. It lists vegetables and other specialty crops commonly grown in different Asian regions, codifies names for each product, and provides short recipes. The list of vegetables and other specialty crops is not exhaustive; future editions of this Guide will expand and improve upon produce guidance. It is our hope that readers will find the **Guide to Promoting Asian Specialty Produce** useful for commerce and alluring for its recipes!

I am particularly grateful for all those who contributed to this publication, in particular, for Jensen Vang, Fresno EOC's Food Systems Development Manager, and our Planning Office, for envisioning and guiding this project through to publication. We are also indebted to the State of California Department of Food and Agriculture (CDFA) and its Secretary Karen Ross for generous support that made possible the development, printing, and distribution of this *Guide*. Funding was provided through a CDFA Specialty Crop Block Grant to increase production and consumption of specialty crops.

We are profoundly fortunate to live in a region of such diversity and abundance. Promoting our diversity and the wealth of talent and bounty of this region is the aim of this publication. We sincerely hope you benefit from its unique presentations.

Sincerely,

Brian Angus
Chief Executive Officer
Fresno Economic Opportunities Commission

www.fresnoeoc.org

August 19, 2013

TABLE OF CONTENTS



PREFACE	PAGE 2	BEANS & PEAS	PAGE 28
ACKNOWLEDGEMENTS	PAGE 3	LONG BEANS	PAGE 29
TABLE OF CONTENTS	PAGE 4	SUGAR SNAP PEAS	PAGE 30
HISTORY	PAGES 5-8	SNOW PEAS	PAGE 31
 		ENGLISH OR SUMMER PEAS	PAGE 32
LEAF VEGETABLES	PAGE 9	 	
CHINESE BROCCOLI	PAGE 10	HERBS	PAGE 33
PAK CHOI	PAGE 11	THAI BASIL	PAGE 34
WATER SPINACH	PAGE 12	LEMONGRASS	PAGE 35
SWEET POTATO LEAVES	PAGE 13	SWEET PEPPER	PAGE 36
YU CHOY	PAGE 14	MINT	PAGE 37
CHAYOTE	PAGE 15	CHINESE PARSLEY	PAGE 38
MUSTARD GREENS	PAGE 16	 	
BABY BOK CHOY	PAGE 17	OTHER ASIAN	
 		VEGETABLES GALLERY	PAGES 39 - 41
MELONS & FRUITS	PAGE 18	 	
OPO	PAGE 19	REFERENCES	PAGES 42 - 43
KABOCHA	PAGE 20		
BITTER MELON	PAGE 21		
THAI EGGPLANT	PAGE 22		
CHINESE EGGPLANT	PAGE 23		
MOQUA	PAGE 24		
SINQUA	PAGE 25		
DAIKON	PAGE 26		
OKRA	PAGE 27		

HISTORY OF SOUTHEAST ASIAN AGRICULTURE IN CALIFORNIA

Throughout the regions of California, Southeast Asian farmers plant a wide variety of oriental vegetables and herbs. Since the influx of war refugees and immigrants to the state in the late 1970s, farmers from mainland Southeast Asia have substantially expanded the production of these vegetables, which began in the early 20th century by Japanese and Chinese immigrants. They have also introduced new plant varieties and crops from their countries of origin, adapted their cultivation to ecological conditions, adjusted to the political and economic environments in California, and began supplying niche products to national markets from one of the world's most prolific agricultural regions, California's Central Valley.

Among these recent immigrant groups were Hmong and Lao farmers who were drawn to the San Joaquin Valley for its climate and abundant, fertile land, with the same hopes and dreams as other minority groups before them – to start a family farm. After having lost their country, a place where each family subsisted literally on the fruits of their labor, the obvious choice, and for some, the only sustainable option, was to relocate to an area where the land and climate supported their skills and agrarian background. Other refugee groups like the Cambodians, Mien, and Vietnamese soon followed.

Southeast Asian farmers began by growing a few native vegetables, including various Asian varieties of eggplant, long bean, squash, cucumber, mint, and herb. The Asian market at the time, however, was quite insular and extremely competitive. Growers needed help entering the broader market. Those who farmed discovered only local outlets for their own traditional products and had no knowledge of the workings of western markets. Today, the largest Asian produce markets exist in California, Minnesota, Vancouver, New York, and Toronto, all supplied by a relatively small network of Southeast Asian farmers in California.



FRESH GROWN LOCAL

A study conducted by the USDA in 2010 showed that consumers who value high-quality foods produced with low environmental impact are willing to pay more for locally produced food. Several studies have explored consumer preferences for locally produced food. Motives for buying local include perceived quality and freshness of local food and support for the local economy. Consumers who are willing to pay higher prices for locally produced foods place importance on product quality, nutritional value, methods of production and effects on the environment, and support for local farmers. Often times, however, consumers indicate they want to buy local products, but have difficulty finding where local fruits and vegetables can be purchased. There is tremendous competition from products grown in other parts of the world, which only confuses the consumer about what is truly local. Consumer demand for local products has risen dramatically and has had a positive impact on local economies.

With over 2,000 Southeast Asian farmers in California, over 100 varieties of Southeast Asian vegetables are grown and consumed locally, nationally, and throughout the world. However, these Southeast Asian farmers still struggle to get to mainstream markets. They are unable to penetrate more lucrative markets and/or participate in negotiations for better produce pricing. Furthermore, the general public is not as familiar with Southeast Asian produce as it is with traditional or other better-known cultural products. Consequently, the multi-million dollar Asian agricultural industry continues to be an untapped market.

Since 2007 the number of Southeast Asian farmers operating in California has grown. There has been a 57% increase in the number of Asian farmers producing specialty foods, and 98% of these farmers sell their produce statewide. This increase is attributable to the influx of Southeast Asian refugees from other parts of the country over the past five years. Despite having lived in California for many years, most refugee small farmers have little or no formal education and speak limited English. These refugee farmers have trouble understanding farm sales, regulations, and business marketing to promote their products. Many of them will only seek technical assistance and/or outside services from agencies or businesses with multi-lingual personnel.



BUY LOCAL AND SUPPORT LOCAL FARMERS

Tzexa Lee, owner of Cherta Farms in Fresno County, CA, began farming in the early 1980s with his brother, growing Asian-style vegetables for a consumer base still in its infancy. Mr. Lee was one of the original Hmong farmers in the Fresno area, which now boasts an Asian farming population of nearly 1,500. The Hmong people are a culturally-rich ethnic group originating from China and Southeast Asia. Nearly one-third of the Hmong population in the United States lives in California, with Fresno County home to the second largest population of Hmong residents in the country. Mr. Lee grows over a dozen different varieties of Asian vegetables, including long beans, bok choy, yu choy, lemongrass, chili peppers, oriental eggplants, okra, and gourds in multiple crop rotations each year. In addition, he grows other short season Asian vegetables between his trellises to maximize production. He worked with Sam Vang, Soil Conservationist from USDA Natural Resources Conservation Service, to implement conservation practices on his farm to increase production and yields. These strategies included crop rotation, automated irrigation systems, nutrient and weed management, minimum conservation tillage, and dust control.

Mr. Lee is interested in expanding the general knowledge and marketing of Asian-style vegetables among mainstream consumers. Refugee farmers are adept at producing fruits and vegetables. However, their lack of resources and inexperience in marketing their produce has prevented them from developing sustainable, thriving businesses. Mr. Lee knows the nutritional and health benefits derived from the produce he grows. He would love to educate consumers on how to incorporate Asian-style vegetables into American-style soups and entrees and support local farm families.

A GUIDE TO PROMOTING ASIAN SPECIALTY PRODUCE

LEAF VEGETABLES

History**Chinese Broccoli**

Although not widely available in Western markets, Chinese broccoli is quite popular in Asia, providing menu versatility. A member of the mustard family, this handsome vegetable can be prepared much as you might prepare broccoli, although it looks more like kale. The flavor is a bit stronger than Western broccoli, with a peppery and pungent aftertaste. It's delicious and most often stir fried, but also makes a tasty addition to a fresh salad.

Also known as

China: gai lan, gailaan, kai lan tsoi

Japan: kailaan, kairan

Philippines: gailon

Thailand: pak kana, phakkhana

Hmong: zaub pav kasna,
phav kas nas, zaub nkaui fa

Recipe**STIR FRIED
CHINESE BROCCOLI****Preparation**

1 bunch Chinese broccoli
1 pinch sugar
2 pinches corn starch
Oyster sauce
Garlic, minced

Bring water in a pot to boil. Slowly slip the Chinese broccoli into hot water. After one minute, remove from pot and stir fry for two minutes. Add a pinch of sugar, corn starch, oyster sauce, and garlic to taste.

Tip: Don't overcook. Chinese broccoli should be served right away and should be crunchy, and not mushy.



References: See pages 42 to 43: 1A, 1B, 2A, 3A, 4B



References: See pages 42 to 43: 1B, 3A

Recipe

PAK CHOI with BLACK MUSHROOM (Dried Shitake)

Preparation

10 Pak Choi - washed and halved lengthwise
 2 tablespoons cooking oil
 1/2 cup chicken broth
 10 dried shitake - soaked, stem removed
 2 tablespoons oyster sauce
 Salt
 2 teaspoons corn starch mixed with 1 tablespoon water

Partly boil Pak Choi in boiling water.
 Remove and submerge in cold water, then drain.

In sauté pan over medium high, heat oil. Add chicken broth, dried mushroom, oyster sauce, and salt to taste. Boil until mushrooms absorb the broth. Add Pak Choi and add corn starch to mixture. Arrange Pak Choi on the platter and top with black mushrooms and sauce.



History

Pak Choi

Pak Choi has the same graceful white stalk and dark green leaves as other varieties, but it grows to only five inches tall. It's an ideal addition to a home garden and is well suited for summer months, although it can be grown year-round in sub-tropical areas. Pak Choi grows best in mild climates, yet it can tolerate some heat and cold. Pak Choi is ready to harvest at 30 to 35 days after sowing. Bring out the best in this tender baby Pak Choi, or bok choy as it's called in the West, by stir frying with ginger until its stalks are tender, crispy, and leaves are just beginning to wilt.

Also known as

China: bok choy, pak choy, tai koo choy
 Indonesia: pecai, pecal, petsai, petsay, samho, sesawi putih
 Japan: shakushina, tasai, tatsui
 Korea: bok choy
 Laos: hach us
 Malaysia: sawi, sawi puhit
 Philippines: pechay, petsay
 Sri Lanka: kala gowa
 Thailand: pakk kwang toong
 Hmong: zaub dawb
 Vietnam: cai be trang, cai thia, cai thuong hai, cai trang laon

History**Water Spinach**

Dating back to Roman times, water spinach has long been an important source of nutrients for European and Asian populations. Today, it's grown more for its delightful peppery flavor. It's the perfect extra ingredient to perk up a salad, sandwich, soup or hot dish. Water spinach is very popular in Asia, particularly in China, where it appears most frequently in soups. Some soups even feature water spinach as the main ingredient, accented by onion, garlic, butter and a few spices. Given the right conditions, spinach is a hardy plant that produces year round.

Also known as

Thailand: phakk boong
 Hmong: zaub dej
 China: xi yang choy, dou ban tsai, don ban cai, sai yeung tsoi
 Japan: kosho, kureson, tagarashi, uotakuresu
 Philippines: amat, lampaka, mustapa, pakhoy

Recipe**SAUTÉED
WATER SPINACH****Preparation**

3 tablespoons cooking oil
 4 garlic cloves, minced
 1 bunch water spinach - washed and cut crosswise to 4" lengths
 2 tablespoons fermented soy beans - optional
 Salt, to taste

In sauté pan over high heat, add oil and minced garlic. Stir until fragrant. Add water spinach, fermented soy beans (if desired), and salt while stirring and tossing until water spinach is wilted. Be careful not to make fermented soy beans too salty.



References: See pages 42 to 43: 1B, 2A, 3A



References: See pages 42 to 43: 1S, 1B, 2A, 3B, 3F

Recipe

STIR FRIED SWEET POTATO LEAVES

Preparation

- 2 tablespoons oil
- 3 garlic cloves, minced
- 2 Thai chili, chopped
- 1 big bunch sweet potato leaves, pluck the leaves and wash in water twice
- Fish sauce to taste
- 1 teaspoon sugar

Heat oil in sauté pan over medium high heat.
Add garlic and chili. Stir fry until fragrant.
Add sweet potato leaves and season with fish sauce and sugar.



History

Sweet Potato Leaves

The edible parts of the sweet potato are the swollen storage root and the leaves. It contrasts with the Irish potato, which produces a fleshy underground stem known as a tuber. The color of both the skin and flesh of sweet potato roots range from white to orange to red, depending on the type.

There are two types of sweet potatoes, often described as dry-fleshed or moist-fleshed. This refers to the mouth feel, not the actual moisture present in the root. Moist-fleshed types tend to convert more of their starch to sugars during cooking, becoming softer and sweeter than the dry-fleshed types. The moist-fleshed types are often called yams. However, the true yam is an entirely different plant species, grown only in tropical climates. The common sweet potato is a trailing vine normally of considerable length. These vigorous vines make the sweet potato an impractical crop in gardens with limited space. Some varieties are of a different plant form, called a bush or bunch type, and are more practical for small gardens because they produce shorter vines.

Also known as

- Philippines: camote, kamote
- Korea: goguma
- Thailand: bai mum thet
- Japan: satsuma
- Egypt/Spain/Mexico: batata
- Spain/Mexico: boniato
- Sri Lanka: bathala
- Eastern Africa: cilera abama
- China: fan shu
- Hmong: hmab qos liab

History

Yu Choy

Grown for their tender flowering shoots, this large family of vegetables is quite popular in China. Yu Choy tends to be most flavorful if harvested just before the flowers open and are sweet enough to use lightly, such as dressed in a fresh salad.

In China, they are more typically cooked-steamed, boiled or stir fried. They are a flavorful and colorful complement to meat, fish or chicken dishes. However, the shoots can quickly become overcooked. Japanese cooks like to pickle these flowering plants, a member of the mustard family. In the West, this vegetable makes a tasty addition to cream-based pastas. Many plants in this family are quite beautiful in appearance. Some favor cooler seasons and some, hotter.

Also known as

China: choy sum, yu choy,

yu choy sum, yui tsai

Japan: beninabana, kosaitai, saishin

Thailand: pakaukeo, pakauyai

Hmong: zaub ceg ntev

Recipe

STIR FRIED YU CHOY

Preparation

- 1 bunch Yu Choy
- 2 tablespoons oil
- 4 chopped jalapeno
- 2 chopped carrot
- 1 pinch garlic, minced
- 1 pinch corn starch
- 1/2 teaspoon sugar

Stir fry Yu Choy in oil for 5 minutes with sliced jalapeno and carrots. Add a pinch of garlic and corn starch, and a half teaspoon of sugar or less, as you prefer.

Tip: Don't overcook. Yu Choy should be served right away and should be crunchy and not too soft. Don't let sit too long.



References: See pages 42 to 43: 1B, 2A, 3B



References: See pages 42 to 43: 1A, 1B, 2A, 3A

Recipe

CHAYOTE LEAVES in SPICY SOUR SOUP (Kaeng Som)

Preparation

- 2 shallots
- 3 dried chili pods seeded and soaked in water
- 1 tablespoon shrimp paste
- 4 cups water
- 2 tablespoons tamarind paste
- 3 tablespoons sugar
- 2 teaspoons salt or fish sauce
- 1 bunch Chayote leaves- tender part only, cut in 2" lengths
- 1 lb. large shrimp, peeled and deveined, or fresh catfish cut crosswise to 1" steaks

In a blender, add shallots, chili pods, shrimp paste, and water until combined. Transfer to a pot and boil on medium heat. Add tamarind paste, sugar, and salt or fish sauce. If you are using catfish, add the catfish and then the chayote leaves. If you are using shrimp, add the shrimp after chayote leaves are cooked. The soup should taste sour, sweet, and salty.



History

Chayote

The chayote plant has climbing vines and leaves that resemble those of a cucumber. The plant is a perennial in the tropics, where stems have tendrils and can grow to 50 feet.

The plant produces separate male and female flowers that are pollinated by bees. It produces a light green pear-shaped fruit that contains a single edible seed about 1 to 2 inches long, which can also be used for cooking.

Also known as

- China: xu-xu
- Hmong: tao tah
- Philippines: chayote, sayote
- India: mirlitron
- Thailand: bai fak thong

History**Mustard Greens**

Although rarely called for in Western recipes, Asian mustards are diverse, prolific and interesting. In the Far East, the most common use for mustards is pickling. Milder varieties are also common in soups, stir fries, and salads in both China and Japan. Some varieties are leafy like kale or spinach, while others form a head, like cabbage.

Colors range from reddish to purple to the more common green. The entire plant can be harvested for pickling or cooking or its seeds used to make mustard in a blender mixing in some vinegar, spices and water.

Also known as

China: yeh choi, bao xin da jie cai, bao xin kai tsai

Japan: kekkyu takana

Philippines: mustasa

Thailand: akkaat khieo

Hmong: zaub ntsuab

Thailand: pakkaat khieo

Recipe**MUSTARD GREENS
in OYSTER SAUCE****Preparation**

6 cups of water
1 teaspoon salt
2 tablespoons cooking oil
1 bunch mustard greens-washed,
steam part of the outer leaves and all
of the inside tender leaves;
cut crosswise into 5" spears
2 tablespoons oyster sauce

In a medium saucepan, bring 6 cups of water to a boil. Add salt and cooking oil. Add mustard greens and cook for two minutes. Drain and plate the greens. Top with oyster sauce.



References: See pages 42 to 43: 1B, 2A, 3A, 3B



References: See pages 42 to 43: 1A, 1B, 2A, 3J

Recipe

WILTED BABY BOK CHOY
with SAUTÉED TOFU

Preparation

- 1 tablespoon low sodium soy sauce
- A dash rice vinegar
- 1/4 teaspoon ground ginger
- 1/2 teaspoon brown sugar
- 2 teaspoons toasted sesame oil
- 4-6 oz tofu, cut into cubes
- 2 bunches baby bok choy

Add soy sauce, rice vinegar, ground ginger, and brown sugar to a bowl and mix to combine and set aside. Add 1 teaspoon of toasted sesame oil to a sauté pan over medium heat. Add the tofu. Cook for 1-2 minutes on each side, or until browned. Remove the tofu from heat and set aside. Cut the stems from the baby bok choy. Add 1 teaspoon toasted sesame oil to the sauté pan and turn down the heat to medium low. Add the baby bok choy. Cook for 1 minute, stirring to coat. Add the sauce to the pan. Stir to combine.



History

Baby Bok Choy

Baby bok choy is a non-heading type of cabbage. Looking more like a white Swiss chard than a cabbage, baby bok choy typically has very green leaves with succulent white midribs starting from a bulbous base. The Shanghai variety has green midribs and leaf bases. Baby bok choy can be stir fried or steamed, or added to soups or other dishes. It is native to China and eastern Asia.

Also known as

- China: bok choy, chinese kang choy, ging cai, pak choi
- Indonesia: pecai, pecal, petsai, petsay, samho, sesawi putih
- Japan: chingensai
- Korea: pak choy
- Malaysia: sawi, sawi putih
- Philippines: pechay, petsay
- Sri Lanka: kala gowa
- Thailand: ang chaithao, phakkaat farang, phakkaet bai
- Vietnam: cai be trang, cai ngot trang nho, cai thia, cai thuong hai
- Hmong: zaub ntsuag dawb

A GUIDE TO PROMOTING ASIAN SPECIALTY PRODUCE

MELONS + FRUITS



OPO SOUP with GROUND PORK

Recipe

Preparation

1/4 lb. ground pork
2 teaspoons corn starch mixed with
2 tablespoons water
Salt and pepper to taste
4 cups chicken broth or water
1 opo peeled and cut in pieces;
use younger, more tender pieces

In a small mixing bowl, mix ground pork, corn starch mixture, salt and black pepper, as desired; knead until mixture comes together. Pour chicken broth or water into a medium saucepan. Bring to boil over medium or high heat. Add ground pork mixture in small spoonfuls. Add salt to taste. Add opo and cook for 7 to 10 minutes.



History

Opo

Opo is also called bottle gourd. It has a large white flower and may have originated in either Mexico or Egypt. Opo is smooth, hairless, and normally harvested when 10-12 inches long. It has a mild taste similar to zucchini. When immature, the flesh is sweet; as it ages, it becomes bitter. Wait too long and it will dry out and become hollow. It is used in traditional Southeast Asian dishes such as the Vietnamese soup Canh Bau Tom.

Also known as

China: po gua, poo gua, kwa kwa
India: lauki
Indonesia: labu
Japan: hyotan, yugao
Malaysia: labu ayer
Sri Lanka: diya labu
Thailand: buap khaus, nam tao
Vietnam: bau
Philippines: opo
Thailand: nam thao
Hmong: taub hwb

References: See pages 42 to 43: 1A, 1B, 1F, 2A, 3A, 3G

History

Kabocha

Quite different in appearance from the Western orange pumpkins used most notably for Jack-O-Lanterns throughout North America, Japanese pumpkins tend to have greenish outer skin and yellow flesh. The Japanese prepare the sweet flesh by simmering peeled chunks in chicken broth and dashi and flavoring with sugar, soy sauce and salt. The single serving size kabocha is very popular in Japan. The Chinese cook stir fried pumpkin with pork and mushrooms or make it into a soup with pork or fish. Thai cooks braise it with coconut milk and seasonings. Winter varieties are excellent in tempura, stir fried or baked. Pumpkins are highly nutritious and can be used in sweet and savory recipes. Toast the seeds for an autumn treat.

Also known as

China: nam gua, nam kwa, nan gua
 India: kaddu, vilayati kaddu
 Indonesia: waluh
 Japan: kabocha, nanagua, somen kabocha
 Korea: ho bak
 Malaysia: labu manis, labu merak
 Philippines: kalabasa
 Sri Lanka: rata labu
 Thailand: fak thong
 Vietnam: bi, bi ro
 Hmong: taub daj

Recipe

STIR FRIED KABOCHA with BACON

Preparation

3 strips bacon, cut
 1/2 tablespoon minced garlic
 3 cups kabocha, peeled and cut
 Sugar and salt to taste
 2 eggs, lightly beaten

In a sauté pan, over medium high heat, brown the bacon until crispy and set aside. Do not clean out pan. In the same sauté pan, add minced garlic. Stir until fragrant. Add kabocha and a little water to the pan. Add sugar and salt to taste until the kabocha is cooked through. Add eggs and stir until cooked. Remove from heat and stir in crispy bacon.



References: See pages 42 to 43: 1B, 2A, 3A





References: See pages 42 to 43: 1A, 1B, 2A, 3A

Recipe

BITTER MELON and SPARE RIBS SOUP

Preparation

4 cups of water
 Salt or fish sauce
 1 lb. pork spare ribs washed, cut along each rib twice, crosswise
 2 bitter melons washed, cut crosswise to 3" length, then cut half, lengthwise and seeded

In medium saucepan, bring 4 cups of water, 1 teaspoon of salt or fish sauce, chopped ribs, and bitter melons to boil for 7 minutes or until pork is fully cooked, then drain.



History

Bitter Melon

In the United States, bitter melon is grown for its immature fruit, which is used in Asian cooking. In other countries, the young leaves are harvested and used as an herb. The fruit and leaves have a bitter flavor because they contain the alkaloid morodicine, a bitter-tasting chemical compound. The alkaloid content can be reduced somewhat by parboiling or soaking fruit and leaves in saltwater. Immature fruit is less bitter. Ripe melons are extremely bitter.

Also known as

English: bitter gourd, balsam pear
 Philippines: ampalaya
 Japan: nigai uri
 India: kerala
 China: fu kwa
 Sri Lanka: karela
 Thailand: ma ra
 Hmong: dib lab

History**Thai Eggplant**

These small sized fruits, round in shape, have dark green stripes on the shoulder and white skin on the bottom. Small eggplants are sweet and tasty. Plants are vigorous and first eggplant harvest can be obtained 40-45 days after sowing. This variety adapts well to various climates and is very popular in Thailand and Southeastern Asia.

Also known as

China: si kwa, chieh tse, ai qwa,

India: badanjan, baingan,

Indonesia: terong

Japan: nasubi

Malaysia: terung

Philippines: talong

Sri Lanka: wam batu

Thailand: makau, makau prao

Vietnam: ca phao, ca tim

Hmong: lws noj nyoos

Recipe**STIR FRIED BEEF or CHICKEN with THAI EGGPLANT****Preparation**

4 garlic cloves, minced
 4 Thai chilies
 3 tablespoons cooking oil
 1/2 lb. boneless chuck and skinless chicken breast or boneless chuck beef – sliced
 Fish sauce, to taste
 5 Thai eggplants – washed and sliced
 Oyster sauce, to taste
 1/2 cup Thai basil leaves

Pound garlic and Thai chili together. Place in a medium sized sauté pan on medium high heat. Add oil and stir until fragrant. Add chicken or beef and fish sauce. Stir until the meat is cooked through. Add Thai eggplant, stir until cooked through. Add oyster sauce until the eggplants are cooked, and then stir in Thai basil.



References: See pages 42 to 43: 1B, 2A, 3A, 3D



References: See pages 42 to 43: 1B, 2A, 3A

Recipe

PAN FRIED CHINESE EGGPLANT with EGGS

Preparation

- 4 tablespoons vegetable oil
- 2 Chinese eggplants, sliced diagonally
- 2 eggs, slightly beaten with pinch of salt

In large sauté pan over medium high heat, add 4 tablespoons of oil. When the oil is hot, dip eggplant in egg, one-by-one, and then add to the hot oil. Pan fry eggplant until both sides are golden brown.



History

Chinese Eggplant

Asian eggplants are milder and have a more delicate taste than Western varieties. The slender fruits vary in color from white with lavender streaks to a glossy purple-black. They require no peeling. The skins are thin and tender, adding a slight texture and sweet flavor to sauce made of ginger and soy sauce. They can be braised or pickled.

They are more typically braised or fried in China, while in India, they are usually stuffed with meat and spices and then baked. The mild flavor and porous flesh make them a perfect ingredient in a Thai curry dish, as they absorb the neighboring flavors. This is definitely a summer vegetable, unable to withstand cool weather.

Also known as

China: chieh tse, ai qwa, chan che zu, hon pee choi, ngai kwa, qie zi
Japan: nasubi
Philippines: talong
Thailand: ma khuea yaao, mackhera, makhua, terungm makua
Hmong: lws kub ntshis

History

Moqua

This squash is related to the Chinese winter melon. Most often called moqua, this squash is eaten in the immature stage, before it has developed a white wax bloom on its skin. Moqua is quite hairy and will need to be peeled before being eaten. It has a refreshing delicate flavor and is often included in stir fries and soups. It can be stuffed with shrimp, pork, bamboo shoots, bok choy, onions, and mixed with soy sauce, ginger, garlic, and sesame oil.

Also known as

China: mo kwa, tsit gua, tsit kwa, chit chewie, jie gua, mao gua, tse chewie, tsit chewie, dong kiang
 Indonesia: beleegoo, beligo, bleegeo, koondoor, kundur, tangkue
 Japan: heari meron, togan
 Korea: ho bak
 Malaysia: kundor, kundur, panjang
 Philippines: kondol
 Thailand: fak kio faeng, mafeng
 Vietnam: bi chanh, bi dao
 Hmong: taub twg

Recipe

STUFFED MOQUA SOUP

Preparation

1/2 lb. ground pork
 2 teaspoons corn starch
 1/2 teaspoon salt
 1/2 teaspoon minced garlic
 1/4 teaspoon ground black pepper
 2 tablespoons water
 4 cups water
 1 moqua, cut crosswise to 2" length, peeled and seeded, hallowed out
 Salt or fish sauce, to taste

In a medium mixing bowl, mix ground pork, corn starch, salt, garlic, black pepper and water until combined. Stuff the mixture into the moqua. Bring 4 cups of water to a boil, add the stuffed moqua, and season with salt or fish sauce for taste. Cook until the pork is done.



References: See pages 42 to 43: 1A, 1F 2A, 3A



References: See pages 42 to 43: 1A, 1B, 2A, 3A

Recipe

STIR FRIED SINQUA with GARLIC and EGG

Preparation

2 tablespoons oil
 1/2 tablespoon minced garlic
 2 young sinqua – washed, peeled,
 and cut to bite size
 1/4 cup water
 2 eggs – slightly beaten
 2 tablespoons oyster sauce

In a sauté pan over medium high heat,
 add oil and garlic. Stir fry until garlic begins
 to brown. Add sinqua and 1/4 cup of water.
 Cook for few minutes. Add eggs. Stir eggs
 and sinqua until cooked through.
 Add oyster sauce.



History

Sinqua (Smooth or Strip)

Sinqua is also called “luffa” or “ridged gourd” and is not well known in the vegetable-growing community. It is commonly planted in California for industrial and food consumption purposes. Sinqua is grown principally for sponge production and as a food crop for its immature fruit. Sinqua have vigorous climbing vines with yellow flowers. In most varieties, male and female flowers are produced separately in the axils of the leaves. Flowering and fruit begin approximately six weeks after seeding, with warm temperatures and good nutrition. Sinqua reportedly originated in India.

Also known as

China: cee qwa, si gua, tsee gwa,
 man gua, shui gwa, ssu kuo

Japan: hechima, ito uri

Philippines: bilidan, loofah, patola

Thailand: boap hom, boap Leum

India: kalitori, torai

Hmong: skoo ah, xwb kuab

History

Daikon

The number and variety of radishes available are a testimony to their importance in Asian cuisine. In the West, a radish is typically round, small, and red. Asian radishes, however, range in color from red to pink to green or white; in shape from round to oblong to tapered; and in pungency from mild to spicy hot. While Western tastes generally prefer radishes in small amounts in green salads or as a garnish, in Japan and China, the radish is more often pickled or cooked in some fashion, often in soups. It's also a popular ingredient in stir fries, stews and casseroles. When eaten raw, it is grated into a salad or carved into a beautiful garnish. The Chinese make a radish pudding, and pickled radish is a principal ingredient in Korean Kimchee. Asian cuisine also finds a resourceful use for the leaves, stems, seed pods, and seedlings. Some varieties, in fact, are cultivated more for their greens than the root.

Also known as

China: lo bok, lao bo, lo pak,
 India: muli
 Indonesia: lobak
 Japan: daikon
 Korea: moo, mu
 Malaysia: lobak, lobak isi,
 Philippines: alibanos, labanos,
 Sri Lanka: rabu
 Thailand: hoa chai tou
 Vietnam: cu cai, cu cai trang
 Hmong: lo pue, zaub ntug hauv paus

Recipe

DAIKON and PORK SPARE RIBS SOUP

Preparation

5 cups water
 1 lb. pork spare ribs, washed and chopped lengthwise along each meat portion and crosswise, twice
 Salt or fish sauce, to taste
 2 small daikons, peeled, quartered lengthwise, and cut crosswise to 2" length

In a medium sauce pan, add 5 cups of water, spare ribs, and salt or fish sauce. Heat until boiled. When the water starts to boil, lower to simmer. Skim all the fat and foam above the surface of the soup. Simmer until the spare ribs are tendered and cooked (about 15 minutes). Add daikon and simmer until daikon is cooked through, about 5 more minutes. Season to taste.



References: See pages 42 to 43: 1A, 1B, 2A, 3A



References: See pages 42 to 43: 1A, 1B, 1L, 2A, 3A

Recipe

OKRA with SAMBAL BELACAN DIPPING SAUCE

Preparation

2 medium tomatoes
1 tablespoon olive oil
1 tablespoon of really hot chili paste (blend red hot chili, onion, garlic, ginger and lemongrass)
1 teaspoon belacan (roasted shrimp paste)
3 tablespoons applesauce
1/2 teaspoon salt

Cook okra (whole) either by steaming or blanching in hot water. Toss and set aside. Cut tomatoes in half and slice them thinly, set aside. In a medium pot, heat olive oil. Fry the hot chili paste and shrimp paste. Add applesauce to tone down the spice of the chili paste. Add tomatoes and salt. Stir and taste. Cook for 5 minutes. Serve over cooked okra.



History

Okra

Okra originated in northern Africa and is used in many Mediterranean dishes, as well as in India and other mid-Eastern countries. It was brought to the southern U.S. and is widely used in Creole dishes. Okra is a small, slender dark green pod about the size of a finger. The pods have a rigid skin and are slightly fuzzy, depending upon the variety. The southern U.S. has long planted this crop, which is a relative of the cotton plant and hollyhocks.

The dish Sambal Belacan is very popular in Asia. Sambal Belacan is a blend of hot peppers and roasted shrimp paste. You can easily find quality shrimp paste at an Asian market. Eat the okra simply by blanching them in hot water for a while and then tossing them with spices.

Also known as

China: huang tasu kwai, huang qiu kui, yang juia dou, yong kok dau
India: bhindai, ramturai, tori
Indonesia: bunga depros, kembang dapos, kopi arab, okra, okya
Japan: okura
Laos: tuah lek
Malaysia: bendi, kacang benki, kacang lendir, sayur bendi
Philippines: haluyoy, okra, saluyota bunga
Sri Lanka: bandakka
Thailand: krachiap
Vietnam: dau bap
Hmong: txiv zaub nplaum

A GUIDE TO PROMOTING ASIAN SPECIALTY PRODUCE

BEANS + PEAS



References: See pages 42 to 43: 1B, 2A, 3A

Recipe
**STIR FRIED LONG BEANS
with PORK AND EGGS**

Preparation

3 tablespoons cooking oil
1/2 tablespoon minced garlic
4 oz. pork, thinly sliced
1 lb. long beans, washed and cut to
4 inches long
Fish sauce, salt, or soy sauce to taste
2 eggs, lightly beaten

Over medium high heat in medium sauté pan,
add oil and garlic. Stir until fragrant.
Add sliced pork and cook for a few minutes.
Add long beans, fish sauce and eggs.
Stir until long beans are cooked crispy.
Do not overcook the long beans.



History

Long Beans

Sometimes called asparagus beans, Chinese long beans or yard long beans, this variety of long bean is dark green, slender, and round with string-less pods that grow 16-18" long. This strong, easy to grow plant needs a warm climate to thrive and will reward you with high yields.

Also known as

China: chang dou, chang jiang dou,
India: lobia
Indonesia: kacang panjang, otok
Japan: juroku sasage mame, sasage
Malaysia: kacang belut, kacang
Philippines: banor, hamtak,
sitao, sitaw
Sri Lanka: diya mekaral
Thailand: tham fak yao
Vietnam: dau dua, dau que
Hmong: taao-hla-chao,
taum hlab tsho, taum hlab ntev

History**Sugar Snap Peas**

Sugar snap peas are a variety of edible pea pods. Pick the pods while young. They can be eaten whole, pod and peas together, or separately. They are good raw, stir fried, or cooked lightly. This vegetable is nutritious, the texture is crunchy, and the flavor is delightful. Sugar snap peas should not be canned because of their soft texture. The pods of sugar snaps are plump like regular English peas but are sweet and tender.

Also known as

China: ho lan dow, wan dou, shid dou,

India: matter

Indonesia: ercis

Japan: saya endo

Korea: wandokong

Malaysia: kacang manis, kacang pi

Philippines: chicaro, sitsaro

Sri Lanka: bola kadala

Thailand: thua wham

Vietnam: dau hoa lan

Hmong: taum mog qab zib

Recipe**STIR FRIED
SUGAR SNAP PEAS****Preparation**

1 lb. sugar snap peas, trimmed
3 tablespoons garlic-flavored olive oil
1/4 cup soy sauce, low sodium
1/4 teaspoon sesame oil
2 drops chili oil
1/4 teaspoon packed brown sugar
2 tablespoons toasted sesame seeds

Move oven rack to top position and preheat oven broiler. Place the sugar snap peas in a baking dish, drizzle olive oil, and toss to coat. Spread the sugar snap peas in a single layer. Broil the sugar snap peas about 5 minutes. Meanwhile, mix together soy sauce, sesame oil, chili oil, brown sugar, and sesame seeds in a large bowl. When sugar snap peas are removed from the oven, toss them immediately with the sauce.



References: See pages 42 to 43: 1B, 1S, 2A, 3A, 3E



References: See pages 42 to 43: 1B, 2A, 3B

Recipe

STIR FRIED SNOW PEAS

Preparation

- 2 tablespoons vegetable oil
- 1/2 pound snow peas, strings removed
- 1 cup shrimp
- 2 large bell peppers, chopped
- 2 carrots, chopped
- 2 pinches of minced garlic
- 1 pinch corn starch
- 2 teaspoons of oyster sauce
- 1 pinch sugar

Heat oil in a medium sauté pan. Stir fry snow peas for 5 minutes with shrimp, sliced bell peppers, and carrots. Add garlic, a pinch of corn starch, oyster sauce and sugar.

Tip: Don't overcook. Snow peas should be served right away and should be crunchy and tasty.



History

Snow Peas

Snow peas are another popular cool-season oriental vegetable that have captured the interest of American growers. Snow peas are easy to grow and have an excellent flavor. Since the entire pod can be eaten, snow peas eliminate much of the tedium associated with shelling English peas. Snow peas are sometimes referred to as edible podded peas, snap peas or sugar peas. Although widely considered a Chinese vegetable, snow peas originated in the Mediterranean, and were grown widely in England and continental Europe in the nineteenth century. The Chinese adopted these peas into their own cuisine from the English, and they have been known as Chinese snow peas ever since. Snow peas have light green pods that follow purple or white sweetly scented flowers. Some varieties climb with twining tendrils to four or five feet, and other varieties are dwarf types, only growing to two or three feet.

Also known as

- China: ho lan dow, wan dou,
- India: matter
- Indonesia: ercis
- Japan: saya endo
- Korea: wandokong
- Malaysia: kacang manis, kacang pi
- Philippines: chicaro, sitsaro
- Sri Lanka: bola kadala
- Thailand: thua lantao, tua lan tau
- Vietnam: dau hoa lan
- Hmong: taum mog pluav

History

English or Summer Peas

English or summer peas are native to the western parts of Asia. Peas are frost hardy, cool season vegetables that can be grown in moderate climates. English or summer pea varieties have smooth or wrinkled seeds. English pea plants are vining with roundish green leaves that clasp to stems at *nodes*. Curling *tendrils* occur at tips of branches. *Pod* stems arise at leaf nodes producing one or two pods each. Pods are plump with 5-10 round green edible seeds per pod, or flat with tiny undeveloped seeds. The flower of the pea plant has five petals and looks similar to other flowers in the pea or legume family.

Also known as

China: ho lan dow, wan dou

India: matter

Indonesia: ercis

Japan: saya endo

Korea: wandokong

Malaysia: kacang manis, kacang pi

Philippines: chicaro, sitsaro

Sri Lanka: bola kadala

Thailand: med thua lantao

Vietnam: dau hoa lan

Hmong: taum mog noj noob

Recipe

SUMMER PEAS and ROASTED RED PEPPER PASTA SALAD

Preparation

Pot of salted water
Pot of ice water
1/4 pound snow pea pods, ends trimmed
1 pound small pasta
1 cup shelled fresh summer peas
3/4 to 1 cup roasted red pepper vinaigrette

Ingredients for the Roasted Red Pepper Vinaigrette

1 red bell pepper, roasted, skinned and seeded or the equivalent from a jar, drained
1/4 cup olive oil
2 tablespoons red wine vinegar (and up to 2 tablespoons more if you, like us, like that extra bite in your dressing)
1 tablespoon chopped shallot
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Bring a large pot of salted water to a boil and prepare a small ice water bath. Boil the snow pea pods for about two minutes. Scoop them out and drop them in the ice water bath. Cook the summer peas for 10 minutes. Scoop them out and plunge them into the ice water bath. Drain all peas. Cut the snow peas into thin slivers. Add the pasta into the boiling water; cook, drain and cool. Mix the vinaigrette and then toss pasta in a large bowl with peas and roasted red pepper vinaigrette. Bake in oven at 350 for one hour. Season to taste.



References: See pages 42 to 43: 1B, 1M, 1R, 2A, 3A, 3I

A GUIDE TO PROMOTING ASIAN SPECIALTY PRODUCE

HERBS

History

Thai Basil

Thai basil has a delicate citrus fragrance and flavor that makes this variety a favorite for the cuisines of Southeast Asia. The plant is a compact bush with medium-sized pointed green leaves. Basil fresh from the garden is a sensory delight—one of life's simple pleasures. This staple herb used in Thai, Vietnamese and Indian cuisine is quickly finding its way onto more dinner tables in the West, particularly in pastas and salads. The different varieties allow you to select the perfect flavor for your cooking and color for your garden, whether it be the musky-flavored holy basil sacred to the Hindus, the licorice-scented variety used in most authentic Thai dishes, or lemon basil whose seeds are a key ingredient in some Asian sweets.

Also known as

English: sweet basil,

Thai basil, licorice basil

China: hsiang tsai, jui chen ta, ue

heung, bajiriko, luo le

Japan: basiru, komiryo, meboki

Philippines: balanoi

Thailand: bai horah ba, bai horapa,

ho lap har, hora pa

Muong: zaub ntxig ntses

Recipe

MANGO and GRAPEFRUIT SALAD with SUMMER BASILS

Preparation

3 mangoes
2 grapefruits
1/4 cup lime juice
2 tablespoons honey
pinch of salt
1 tablespoon finely chopped Thai basil
(with extra for garnish)
2 tablespoons finely chopped purple basil
(with extra for garnish)

Slice mangoes by cutting around the pit, scoring the flesh, and peeling or cutting it away from the skin. Top grapefruit by cutting away the fruit's peel and pith with a sharp knife and then slice the fruit segments away from the inner membrane. Arrange mango and grapefruit pieces on four plates. Mix lime juice, honey, salt, and basil together in a small bowl. Drizzle dressing over the fruit plates. Garnish with more fresh Thai and purple basil to serve.



References: See pages 42 to 43: 1A, 1B, 2A, 3D



Recipe

THAI HOT and SOUR SOUP with SHRIMP

Preparation

5 cups chicken broth
 2 stalks lemongrass, cut into 2" pieces and crushed
 3 kaffir lime leaves
 1/2 can straw mushrooms
 1/2 lb. medium raw shrimp, peeled and deveined
 3 - 5 Thai chillies, crushed
 1 1/2 tablespoons lime juice
 1 tablespoon fish sauce
 Cilantro leaves, to taste

In a medium sauce pan, bring the chicken broth, lemongrass, and kaffir lime leaves to a boil. Let simmer for 10 minutes until the flavor comes out. Add straw mushrooms and shrimp. Immediately turn the heat off and add crushed Thai chili, fish sauce, and lime juice. Ladle into serving bowl and sprinkle with cilantro leaves.



History

Lemongrass

Lemongrass is widely used as an herb in Asian (particularly Hmong, Khmer, Thai, Lao, Philippines, Sri Lankan, and Vietnamese) and Caribbean cooking. It has a citrus flavor and can be dried and powdered, or used fresh. The entire stalk is usable.

The stalk itself is too hard to be eaten, except for its soft inner part. However, it can be finely sliced and added to recipes. It may also be bruised and added whole as this releases the aromatic oils from the juice sacs in the stalk. The main constituent of lemongrass oil is the chemical compound citral.

Also known as

Chinese: xiang mao

Thailand: thra krai

Philippines: tanglad

Hmong: tuaj dub

References: See pages 42 to 43: 1Q, 2A, 3A

History**Sweet Pepper**

The sweet pepper appears green in color in the summer and turns red in the fall. Sweet peppers, also known as chili peppers, owe their heat or pungency to a chemical substance called capsaicin. A wrinkled, very pungent thick-fleshed sweet pepper grows up to six inches long and 1-1/4 inches in diameter on a plant that grows up to two feet tall. It is often used in Cajun recipes. Sweet peppers should be used soon after harvest or purchase. If storage is necessary, they may be refrigerated up to one week.

Also known as

China: tien chiao, la jiao
 India: simla murich
 Indonesia: cabe besar
 Japan: ao togarashi, piiman, togarashi
 Malaysia: lada merah
 Philippines: sili
 Sri Lanka: piment
 Thailand: prik yuak
 Vietnam: ot
 Hmong: kua txob qab zib

Recipe**STIR FRIED SWEET PEPPERS with PORK and EGGS****Preparation**

3 tablespoons vegetable oil
 1/2 tablespoon minced garlic
 1/4 oz. boneless pork chop, sliced
 15 sweet long peppers, seeded, cut in slices, lengthwise
 1 tablespoon sugar
 1 tablespoon fish sauce or salt
 2 eggs, lightly beaten

In a sauté pan over high heat, add oil and garlic. Stir until fragrant and garlic is brown. Add pork slices. When the pork is almost done, add sweet pepper, sugar, and fish sauce. Stir in eggs. Cook until pork and peppers are done.



References: See pages 42 to 43: 1B, 1I, 2A, 3A



References: See pages 42 to 43: 10, 1P, 2A, 3A

Recipe

THAI SPICY CHICKEN SALAD – LAPP KAI

Preparation

- 2 cups chopped chicken
- 2 tablespoons fish sauce or nap pia/salt to taste
- 2 tablespoons ground pan-roasted rice
- 1 cup thinly sliced red onion
- 1 cup sliced green onion
- 1/4 cup chopped cilantro
- 1 teaspoon chili flakes
- 2 tablespoons lime juice
- 1/2 cup mint leaves
- Cut long beans
- 2 pieces of napa cabbage, peeled

Cook the chicken and fish sauce in pan; break up the chicken while cooking. Remove the chicken to mixing bowl; add ground rice, red onion, green onion, cilantro, chili flakes and lime juice. Add fish sauce, to taste. Transfer to serving plate. Top with mint leaves. Serve with raw long beans and napa cabbage.



History

Mint

Mint is a perennial plant, easy to grow. Mint has light green, pointy leaves and pink flowers. The plants generally grow to be 1 to 2 feet tall and emit a fresh aroma. The leaves and stems tend to be slightly hairy. Leaves generally grow to be 1 1/2 to 3 1/2 inches long and 1/2 to 1 1/2 inches wide. Mint originated in the Mediterranean and was later introduced to Britain and America.

Also known as

English: field mint, corn mint,

India: podina, pudeena

China: bohe

Vietnam: húng lui

Thailand: bai saranae

Hmong: pum hwb

History**Chinese Parsley**

Chinese parsley is an annual herb that grows 2 to 3 feet tall. Chinese parsley is light green, feathery, and flat. The distinctive flavor of Chinese parsley is quite different from that of regular parsley. The leaves and the dried seeds are used as an herb, called coriander. Chinese parsley is native to the Eastern Mediterranean region and Southern European.

Also known as

China: yan sui, yuen sai, heong choy

India: dhania, dhanya

Indonesia: katumber

Japan: koendoro, korianda

Laos: hong pomn

Malaysia: ketumbar

Philippines: kinchi, unsuy, yun tsai

Sri Lanka: kothamallie

Thailand: pak chee, phak chee

Vietnam: mui, ngo, ngo ri, rao mui

Hmong: zaub ntshwb

Recipe
**GRILLED FISH and CHINESE
PARSLEY in SWEET and
SOUR SAUCE (Nam Pla Wan)**
Preparation

1 cup brown sugar
1/2 cup tamarind paste
1/4 cup fish sauce
2 tablespoons fried garlic
2 tablespoons fried shallots (red onion)
5 dried chilies
1 bunch of Chinese parsley, washed and dried
1 grilled fish

Mix together brown sugar, tamarind, fish sauce, and bring to a boil. Remove from heat. Pour into serving dish. Sprinkle fried garlic, shallots, and dried chili on top. Serve with fresh Chinese parsley, with grilled fish or prawns on the side.



References: See pages 42 to 43: 1A, 1B, 3A

CLOSING SUMMARY + OTHER ASIAN VEGETABLES GALLERY

Thank you very much for taking the time to read, view, and sample the wonderful California Asian specialty vegetables that are reviewed in this *Guide*. The next two gallery pages provide additional Asian specialty vegetables that are commonly grown in California and are available at your nearest farmers' markets and Asian supermarkets. We take pride in Asian specialty vegetables grown in California, many of which are consumed across the United States. We encourage everyone to obtain a copy of the *Guide* and try preparing one or two of these dishes! They may become regular meal favorites.





Nightshade



White Lablab Bean



Pumpkin Leaves



Tinda



Chinese Cabbage



Asian Cucumber



Tonqua



Mokila



Pigeon Pea



Round Eggplant



Red Amaranth



Jicama

REFERENCES

A GUIDE TO PROMOTING ASIAN SPECIALTY PRODUCE

HISTORY

1A. *Specialty and Minor Crops Handbook*. Oakland, CA. University of California, Division of Agriculture and Natural Resources. Communications Services Publications. 1998.

1B. *Kitazawa Seed Company: Asian Vegetable Seeds, Oriental Vegetables Seed*. N.p., n.d. Web. 1 Oct. 2012.

1C. *Saving your own vegetable seeds - a guide for farmers*. S. Sukprakarn, S. Juntakool, R. Huang, and T. Kalb. 2005. AVRDC - The World Vegetable Center, Shanhua, Taiwan, publication number 05-647.

1D. Prepared by Matt Ernst & Tim Woods (tawoods@uky.edu), Issued 2005, Revised 2010. UK Department of Agricultural Economics, Lexington, KY, 40546. <http://www.ca.uky.edu/agecon/index.php>

1E. *Herbs in Your Garden*. Schellman, Anne. University of California Cooperative Extension, Stanislaus County, August 1, 2007. <http://cestanislaus.ucanr.edu/files/111519.pdf>.

1F. *Guide to Asian Specialty Vegetables in the Central Valley*, CA. Richard Molinar, and Michael Yang. University of California Cooperative Extension, Fresno County, 2001. http://ucanr.edu/sites/Small_Farms_and_Specialty_Crop/files/88378.pdf

1G. *Gardening With Southeast Asian Refugees*, Kindscher, Kelly. N.p., 1986. Web. October 1, 2012. <http://web.ku.edu/~kindscher/wp-content/uploads/2010/10/Kindscher-2009-Gardening-with-SE-Asian-Refugees-2.pdf>.

1H. Mother Herbs Pvt Ltd (advertisement) N.p., June 30, 2013. Web. Oct.-Nov. 2012. http://www.alibaba.com/product-tp/124279485/dried_mint_leaves_extract_powder.html (mint).

1I. *Hot Peppers & Specialty Sweet Peppers*, University of Kentucky Cooperative Extension. June 30, 2013. <http://www.uky.edu/Ag/NewCrops/introsheets/hotpeppers.pdf>.

1J. Home Gardening Series English Peas, University of Arkansas, Division of Agriculture, June 30, 2013. http://www.uaex.edu/Other_areas/publications/PDF/FSA-6073.pdf

1K,N. About Sweet Potatoes, Rajan Jolly, N.p. June-July 2013. <http://rajanjolly.hubpages.com/hub/Nutritional-Benefits-And-Health-Benefits-Of-Sweet-Potatoes>.

1L. Okra, Zue Murphy, Belacan Sambal, N.p., June 30, 2013. <http://www.zumurphy.com/2012/09/sambal-belacan-okra.html>.

1M. *Sugar Snap Peas*, West Virginia University Extension Service. 1999. http://www.wvu.edu/~exten/infores/pubs/fypubs/wp124_99.pdf.

1O. P. Mentha Piperita: The Plant and Its Uses, <http://www.mintrubbing.org/themintplant.pdf>. N.p. June 30, 2013.

1Q. The Produce Guide. N.p., June 30, 2013. <http://theproduceguide.com/>.

1R. Plant Identification Learning Module: Vegetables, University of Florida. June 30, 2013. http://gardeningsolutions.ifas.ufl.edu/mastergardener/outreach/plant_id/vegetables/pea_english.shtml.

1S. The Sweet Potato, Rosie B. Lerner, Department of Horticulture, Purdue University Cooperative Extension Service. June 6, 2013. <http://www.hort.purdue.edu/ext/ho-136.pdf>

1T. Sowerwine, Jennifer, Dorian Fougeres, and Nancy Peluso. The Production and Marketing of "Southeast Asian Farmers" and 'Oriental Vegetables' in California's Central Valley. Working paper. University of California, Santa Cruz, n.d. Web. August 26, 2013. <http://www.cgirs.ucsc.edu/conferences/whitefood/foodx/papers/peluso.pdf>

FARMERS CREDITS

2A. Xia Vang, Vaj Produce, Kings Canyon and Academy, Sanger, California
 2B. Tzexa Lee, Cherta Farm, Dewolf Ave and American Ave, Del Rey, California
 2C. Cha Lee Xiong, Cha Lee's Farm, North Ave and Del Rey Ave, Del Rey, California

RECIPE CREDITS

3A. Vimolluck (Oot) Tiyaamornwong, Chef, Food Services, Fresno Economic Opportunities Commission, 3110 W. Nielsen Avenue, Fresno, CA 93706, www.fresnoeoc.org

3B. China House, 251 Academy Avenue, Sanger, CA 93657, (559) 875-8838

3C. Nutrition Services Students, California State University, Fresno - Department of Food Science and Nutrition, 5300 N Campus Drive, Fresno, CA 93740

3D. Fresh Herbs, Mango and Grapefruit Salad with Summer Basils, N.p. June 30, 2013. <http://www.freshherbs.com/2011/05/mango-and-grapefruit-salad-with-summer-basils/>.

3E. NorthwestGal. *Asian Sugar Snap Peas*, N.p. June 30, 2013. <http://www.food.com/recipe/asian-sugar-snap-peas-425261?oc=linkback>.

3F. Rajan Jolly. *About Sweet Potatoes*, <http://rajanjolly.hubpages.com/hub/Nutritional-Benefits-And-Health-Benefits-Of-Sweet-Potatoes>. N.p., June-July 2013.

3G. Getting to Know Asian Fruits and Vegetables, King County, June 30, 2013. <http://www.kingcounty.gov/employees/HealthMatters/Newsletter/OldNewsletters/May2010/AsianVeggies.aspx?print=1>.

3H. Kitazawa Seed Company: Asian Vegetable Seeds, Oriental Vegetables Seed. N.p., n.d. Web. October 1, 2012.

3I. Summer Pea and Roasted Red Pepper Pasta, The Summer Kitchen Book, June 30, 2013. <http://www.yummly.com/recipe/external/Summer-pea-and-roasted-red-pepper-pasta-salad-305545>.

OTHER

4A. www.google.translate.com

4B. www.vietherbs.com



Fresno
 Economic
 Opportunities
 Commission



Fresno
**Economic
Opportunities
Commission**

1920 Mariposa Mall, Suite 300
Fresno, California 93721
(559) 263-1000

www.FresnoEOC.org