

LEAFY GREENS AND VEGETABLES OF VIETNAM

*PRACTICAL WAYS OF GROWING LOCAL
FOOD PLANTS AND DOING IT WELL*



FOOD PLANT SOLUTIONS
ROTARY ACTION GROUP
Solutions to Malnutrition and Food Security



A project of the Rotary Club of Devonport North and District 9830

Leafy greens and vegetables of Vietnam



Food Plant Solutions produces educational materials to enable people to understand the nutritional value of local food plants and increase awareness of highly nutritious plants that are adapted to the local environment. Some of these plants are under-utilised species and many are superior to imported foods and plants. Food Plant Solutions produces these materials because every minute of every day, five children under the age of five die from malnutrition.

We welcome and encourage your support.

Food Plant Solutions - A project of the Rotary Club of Devonport North, & Rotary District 9830.

This booklet is based on information from the Food Plants International (FPI) database, "Edible Plants of the World", developed by Tasmanian agricultural scientist Bruce French.

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Vietnam - country of beautiful leafy vegetables

Okra



Amaranth



Indian mustard



Bean leaves

Leafy greens - the health foods of the nation

Kangkong



Indian spinach



Sweet potato



Kale



Leafy greens of Vietnam



**Dark green leaves should be eaten daily.
They should be steamed, fried or boiled.**

Edible leaves



Taro



Bitter cucumber leaf



Okra



Indian mustard

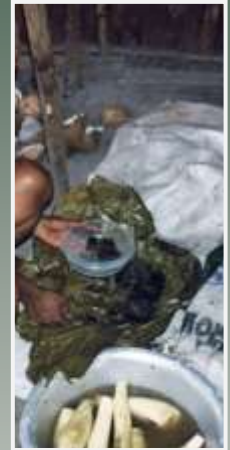


Pumpkin shoots

Using leafy greens - collect and cook a mixture of leaves



Many edible leafy greens grow around houses and along roadsides.



Green leafy vegetables should be cooked.



Healthy people eat leafy greens

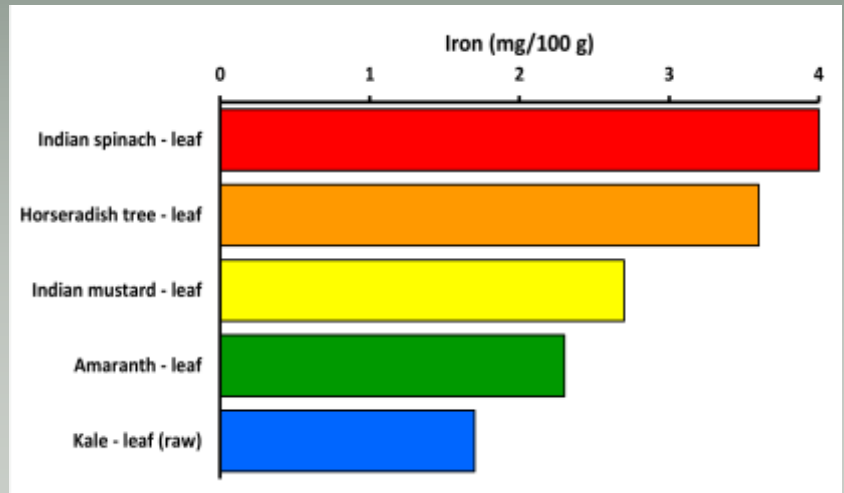
- Many plants have edible leaves.
- Edible leaves are nutritious.
- Normally, all leaves should be cooked to kill bacteria.
- Everybody should eat a fish tin full of dark green leaves every day to stay healthy.
- Some leafy greens can be grown as hedges, in swamps, and around houses to provide a regular daily supply of leafy vegetables.

Green leafy vegetables - Iron content

Iron is important, it is what makes our blood red.

Iron helps oxygen get to our lungs. This helps us to have energy to work.

When we are short of iron we are called anaemic. Iron is more available when Vitamin C is also present.



Grain amaranth



Amaranthus tricolor

The leaves and young plants are
eaten cooked.

Seeds can be eaten.



Indian mustard



Brassica juncea



**Leaves are cooked and eaten. They
can be stir-fried, added to stews and
soups**

Seeds can be sprouted and eaten.



Kangkong



Ipomoea aquatica



Young tips of shoots can be eaten cooked or raw.



Sweet potato leaf

Ground cover or climbing plant.



Leaves are edible raw or cooked.

Ipomoea batatas

Indian spinach

Basella alba



**Leaves and young shoots can be eaten
cooked or raw.**

Leaves can be dried and stored.



Horseradish tree



A fast growing
small tree.

Moringa oleifera



The young tops and leaves are eaten cooked. They can
be dried for later use.



Kale



Leaves are eaten boiled, or steamed, in soups and stews.

Young leaves can be eaten raw.

Brassica oleracea var. acephala

Taro leaf

A good quality delicacy.



Colocasia esculenta



Plant poisons

Some foods contain substances that can cause illness. Check preparation methods before eating. Some examples are:

- Bacteria on leaves can cause stomach upsets. Food should be cooked to kill bacteria.
- Cyanide is a poison commonly found in plants (e.g. cassava). It makes them bitter, but is destroyed when food is well cooked.
- Oxalates are common in plants (e.g. taro). They are sour and can burn the throat. Changing the water during cooking can reduce oxalates.
- Plants can accumulate nitrates that are poisonous to children. This happens when excess nitrogen fertilisers are added to some leafy vegetables (e.g. amaranth).

Vegetable foods of Vietnam



Vegetables for variety and nutrition

Some vegetables and edible leaves should be planted near houses so they are easily available, even on wet days, or when people can't get to distant gardens.



As some vegetables only grow in certain seasons, you should plant a wide range to provide food all year.

Vitamin A value of vegetables

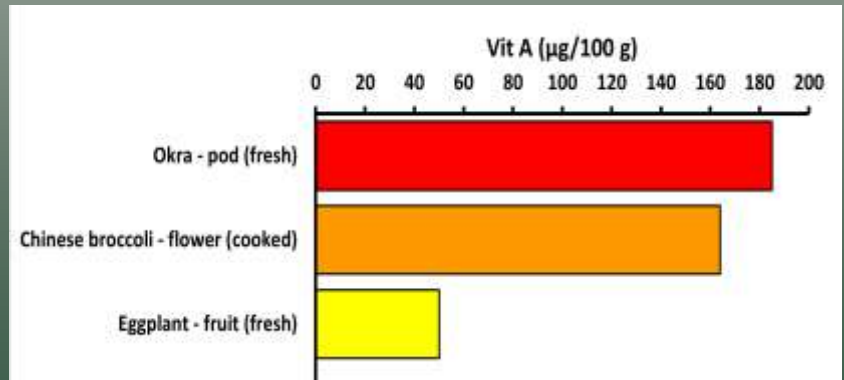
Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

People who are short of Vitamin A have trouble seeing at night.

In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.

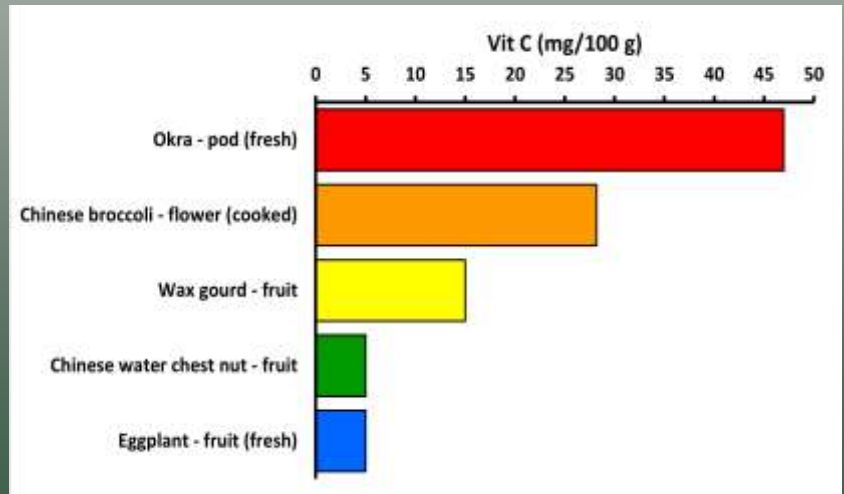


Okra



Vitamin C value of vegetables

Vitamin C is important for helping us to avoid sickness.



Vegetables - nutritious and tasty



Winged bean



Wax gourd



Bitter cucumber



Chinese water chestnut

Okra



Young leaves, pods and seeds can be eaten.

Leaves are edible when cooked, like slippery cabbage.

The pods can be eaten cooked or used to thicken soups.



*Abelmoschus
esculentus*



Bitter cucumber



Soaking seeds for 24 hours before planting improves germination.



Momordica charantia



Winged bean

The young leaves, young pods, ripe seeds, flowers and root tubers are edible.



*Psophocarpus
tetragonobolus*



Pumpkin

Fruit are eaten cooked, boiled, fried or baked.

Seeds are eaten roasted.

Young leaves, growing tips and flowers are edible.



Cucurbita moschata

Chinese broccoli



Flower stalk, flower head, buds and tender leaves are all eaten.



Brassica oleraceae var. albaglabra

Chinese water chestnut

The tubers are cooked and eaten.

Corms can be eaten raw, roasted or boiled,
after they have been peeled.



Eleocharis dulcis



Chinese radish



The roots are cooked and eaten.

The young leaves can be eaten cooked.



Raphanus sativus var. longipinnatus

Pigeon pea



Young leaves, shoots and pods are eaten.

Young seeds are cooked and eaten like peas.



Cajanus cajan

Wax gourd



White flesh is added to stir fried dishes.

Seeds can be dried and eaten.



Benincasa hispida

Acknowledgements



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Image acknowledgements

Most images used in this publication are drawn from the Food Plants International database. Acknowledgement is given for images of the following plants sourced from the internet.

Scientific name	Common name	Image URL
<i>Brassica juncea</i>	Indian mustard	https://www.mygardenlife.com/plant-library/6420/brassica/juncea
<i>Brassica oleracea</i> var. <i>alboglabra</i>	Chinese broccoli	https://www.istockphoto.com/photo/growing-chinese-kale-vegetable-or-chinese-broccoli-plants-they-are-green-crop-that-gm1365592661-436402628
<i>Eleocharis dulcis</i>	Chinese water chestnut	https://ukrb.in.com/compare.php?imageid=93906
<i>Brassica oleracea</i> var. <i>acephala</i>	Kale	http://www.cogs.asn.au/growing-guides/kale/
<i>Brassica oleracea</i> var. <i>alboglabra</i>	Chinese broccoli	http://thedahliafarm.blogspot.com.au/2010/06/gai-lohn-or-chinese-broccoli-or-chinese.html

Notes



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