Carrot

**Daucus carota**

 eats the root, which is orange, cylindrical and the size of a thumb. It is rich in beta-carotene, the precursor to vitamin A.

**Nutritive Value:** Vitamins A, K, C, iron, potassium, calcium.

**Storage:** Can be kept in a cool, dark place for up to six months.

**Common Uses:** Eaten raw or cooked, grated into soups, salads, curries, and pickles. Gamma irradiation makes carrots shelf stable.

**Caper

**Capparis spinosa**

A close relative of the Mediterranean caper. It is a small shrub with greenish leaves and small, white flowers. The fruit is a small, dry, black caperberry.

**Nutritive Value:** Rich in vitamins C and K, potassium, and calcium.

**Storage:** Can be stored in the refrigerator for up to two weeks.

**Common Uses:** Used in pickles, chutneys, and as a garnish.

**Bok Choy

**Bak choi**

This is a Chinese vegetable with thick, white, round stalks and dark green, leafy leaves. It is a member of the cabbage family.

**Nutritive Value:** High in vitamins A and C, potassium, and calcium.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw or cooked, in salads, stir-fries, soups, and curries.

**Cabbage

**Brassica oleracea**

A member of the cruciferous plant family, cabbage is a versatile vegetable that can be eaten raw or cooked.

**Nutritive Value:** High in vitamins C and K, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw in salads, or cooked in soups, stews, and stir-fries.

**Chili Pepper

**Capsicum annuum**

A member of the Solanaceae family, chili peppers are used in many cuisines around the world.

**Nutritive Value:** High in vitamins A and C, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to a month.

**Common Uses:** Used as a seasoning in many dishes, and also eaten raw in salads and salsa.

**Cucumber

**Cucumis sativus**

A member of the cucumber family, cucumber is a vine that produces a fruit that is typically eaten raw or cooked.

**Nutritive Value:** High in vitamins C and K, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw in salads, or cooked in soups, stews, and stir-fries.

**Eggplant

**Solanum melongena**

A member of the Solanaceae family, eggplant is a versatile vegetable that can be eaten raw or cooked.

**Nutritive Value:** High in vitamins C and K, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw in salads, or cooked in soups, stews, and stir-fries.

**Ginger

**Zingiber officinale**

A member of the Zingiberaceae family, ginger is a widely used spice and medicinal herb.

**Nutritive Value:** High in vitamin C, potassium, and dietary fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Used as a seasoning in many dishes, and also eaten raw in salads and salsa.

**Lettuce

**Lactuca sativa**

A member of the aster family, lettuce is a leafy vegetable that can be eaten raw or cooked.

**Nutritive Value:** High in vitamins A and K, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw in salads, or cooked in soups, stews, and stir-fries.

**Mango

**Mangifera indica**

A member of the Anacardiaceae family, mango is a tropical fruit that is eaten raw or cooked.

**Nutritive Value:** High in vitamins A and C, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw in salads, or cooked in soups, stews, and stir-fries.

**Onion

**Allium cepa**

A member of the Asparagaceae family, onion is a bulbous vegetable that can be eaten raw or cooked.

**Nutritive Value:** High in vitamins A and C, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Used as a seasoning in many dishes, and also eaten raw in salads and salsa.

**Papaya

**Carica papaya**

A member of the Caricaceae family, papaya is a tropical fruit that is eaten raw or cooked.

**Nutritive Value:** High in vitamins A and C, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw in salads, or cooked in soups, stews, and stir-fries.

**Pepper

**Capsicum frutescens**

A member of the Solanaceae family, pepper is a versatile vegetable that can be eaten raw or cooked.

**Nutritive Value:** High in vitamins A and C, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Used as a seasoning in many dishes, and also eaten raw in salads and salsa.

**Radish

**Raphanus sativus**

A member of the Cruciferae family, radish is a root vegetable that can be eaten raw or cooked.

**Nutritive Value:** High in vitamins A and C, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw in salads, or cooked in soups, stews, and stir-fries.

**Tomato

**Lycopersicon esculentum**

A member of the Solanaceae family, tomato is a fruit that is commonly eaten raw or cooked.

**Nutritive Value:** High in vitamins A and C, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw in salads, or cooked in soups, stews, and stir-fries.

**Watermelon

**Citrullus lanatus**

A member of the Cucurbitaceae family, watermelon is a large, sweet fruit that is eaten raw or cooked.

**Nutritive Value:** High in vitamins A and C, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw in salads, or cooked in soups, stews, and stir-fries.

**Yam

**Dioscorea alata**

A member of the Dioscoreaceae family, yam is a root vegetable that can be eaten raw or cooked.

**Nutritive Value:** High in vitamins A and C, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw in salads, or cooked in soups, stews, and stir-fries.

**Zucchini

**Cucurbita pepo**

A member of the Cucurbitaceae family, zucchini is a small, round vegetable that is eaten raw or cooked.

**Nutritive Value:** High in vitamins A and C, potassium, and fibre.

**Storage:** Can be stored in the refrigerator for up to one week.

**Common Uses:** Eaten raw in salads, or cooked in soups, stews, and stir-fries.
**Allium cepa var. aggregatum**

In Vietnamese cuisine, these shoots are a popular ingredient for soups, especially for soups or rice crepes. They are also used in salads or dried and crisp-fried, which gives them a unique texture and flavor. These shoots are the harvested tips of the onion plant, which have been matured and then exposed to light to develop a tender, slightly crunchy texture. They can be stored for up to a fortnight in the fridge so they stay fresh for a long time, making them a versatile ingredient in cooking.

**Tung Ho**

Alternate Name: *Chrysanthemum coronarium*

Tung ho is a true chrysanthemum, distinguished by its hollow stems and lack of bulb development even when allowed to fully mature. It is one of the first Asian vegetables to be grown in Australia, having been introduced by the early Chinese immigrants. These onions are particularly popular in Japanese, Korean, and Chinese cuisine, providing a milder flavor than other types of onions. They are long slender, white and contain small white seeds. Tung ho is the basis for the traditional Chinese dish "Fried Tung Ho" where it is added to cooking oil or when wrapped around chicken pieces before cooking. It is also used as a flavorant in foods (E100) and as a natural colorant in foods. Dried turmeric is a tuber that is used as a spice. It has a slightly spongy texture and is used to thicken dishes, as in the famous Thai coconut soup. Turmeric root is a member of the ginger family, native to tropical Asia. The plant's rhizome is dried and ground to make a spice that is used in many Asian dishes to add color, flavor, and aroma. It is also used as a medicinal and ceremonial plant in Ayurveda.

**Crisp-fried shallots**

Available especially for soups or rice crepes. They are available at Asian supermarkets, which are popular in Vietnamese cuisine. They are available as whole shallots or sliced, which are useful in a variety of dishes.

**Okra**

Alternate Name: *Abelmoschus esculentus*

Okra is a vegetable people generally do not grow in their gardens. However, it is the plant's mucilaginous properties that make it unique. Sliced and cooked for a long time, this “goo” dissolves and adds thickness to soups, as in the famous Thai coconut soup. Okra is an essential ingredient in the spicy noodle dishes and soups. It is an alternative to tomatoes, especially for soups or rice crepes. It is an alternative to tomatoes, especially for soups or rice crepes.

**Lady’s Fingers**

Alternate Name: *Pea Eggplant*

Eggplant is a vegetable people generally do not grow in their gardens. However, it is the plant's mucilaginous properties that make it unique. Sliced and cooked for a long time, this “goo” dissolves and adds thickness to soups, as in the famous Thai coconut soup. Okra is an essential ingredient in the spicy noodle dishes and soups. It is an alternative to tomatoes, especially for soups or rice crepes. It is an alternative to tomatoes, especially for soups or rice crepes.

**Chard, Shanghai Buk Choy**

Alternate Name: *Chinese Chard*

Chard is a popular vegetable in many parts of Asia. While their texture can be a little dry, they are particularly high in Beta Carotene; boiled, baked, fried, steamed or used in casseroles or stir fry. They are long slender, white and contain small white seeds. They are particularly high in Beta Carotene; boiled, baked, fried, steamed or used in casseroles or stir fry. They are long slender, white and contain small white seeds. They are particularly high in Beta Carotene; boiled, baked, fried, steamed or used in casseroles or stir fry. They are long slender, white and contain small white seeds. They are particularly high in Beta Carotene; boiled, baked, fried, steamed or used in casseroles or stir fry.