**Amaranth**
jin6 coi3
莧菜
Season: February to July
How to eat: Remove leaves from stem and sauté like spinach

**Angled Luffa Gourd**
(also called Chinese Okra)
si1 gwaa1
絲瓜
also called sing3 gwaa1 勝瓜
Season: April to October
How to eat: Peel away the ridged edges of the gourd, slice and sauté, stir-fry or pickle
AUBERGINE
(also known as Eggplant)
ke4 gwaa1
茄瓜
also called ai2 gwaa1 矮瓜
Season: All year
How to eat: Slice or cut into chunks and roast, stir-fry or steam

BABY BOK CHOY
baak6 coi3 zai2
白菜仔
Season: All year
How to eat: Steam, braise or slice raw and put in salad
**Bamboo Shoots**

*zuk1 seon2*

竹筍

Season: May to September
How to eat: Peel off outer layer, chop and steam or stir-fry; or boil whole, peel and slice for salads

**Banana Flower**

*ziu1 faa1*

蕉花

Season: All year
How to eat: Remove the hard outer layers of the flower, slice thinly, soak in lemon water for 5 minutes to prevent colouring, stir-fry or add to salad
**Bitter Gourd**  
*fu2 gwaa1*  
苦瓜  
also called *loeng4 gwaa1* 涼瓜  
Season: April to September  
How to eat: Cut in half lengthwise, remove seeds and stir-fry or sauté

**Bok Choy**  
*baak6 coi3*  
白菜  
Season: All year  
How to eat: Steam, braise or slice raw and put in salad
**Box Thorn**
gau2 gei2 coi3
枸杞菜
Season: December to May
How to eat: Remove leaves from stem and add to soup

**Broad Beans**
caam4 dau6
蠶豆
also called wu4 dau6 胡豆
or naam4 dau6 南豆
Season: May to June
How to eat: Remove beans from pod and blanche
**Bunashimeiji Mushrooms**

*ling4 zi1 gu1*

靈芝菇

*Season: All year*

*How to eat: Trim bottom stem, separate and sauté, stir-fry, braise or add to soup*

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**Burdock**

*ngau4 bong2*

牛蒡

*Season: July to September*

*How to eat: Scrape off skin, cut into matchsticks, soak in water for 15 minutes and drain, then stir-fry, simmer or braise*