

VEGETABLES

蔬菜

so1 coi3



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 blanch



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



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