

Chapter 5. Ethnic Vegetable Production¹

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Ethnic vegetable production in Florida has significantly enhanced the market and diversity of the state's agricultural industry. More than 40 types of ethnic/Asian vegetables are commercially grown each year across Florida. In recent years, growing consumer demand has rapidly expanded ethnic vegetable production throughout Florida, particularly from the northeast to southern regions. The ethnic vegetable growing area is rapidly increasing because of the demand and the niche market. Though availability, profitability, and competitiveness have increased, one of the concerns creating confusion between producers and consumers is that many of the ethnic vegetable crops have different names in different countries and cultures. Additionally, for many ethnic vegetable crops, science-based production recommendations remain unavailable. This unavailability of recommendations may limit the production of these crops as local growers attempt to determine crop requirements with limited guidance. However, before specific recommendations are developed for these specialty crops, ethnic vegetable growers should follow recommendations that are available for crop species closely related to these Asian or ethnic vegetables. This is especially important for pest control and pest management because it is usually very difficult to find pesticides labeled specifically for certain Asian or ethnic vegetable species.

The objectives of this chapter are to

1. provide various names of some ethnic/Asian vegetable crops;
2. list related chapters in this handbook, which provide recommendations for crops close to these ethnic vegetables grown in Florida; and
3. list Ask IFAS publications currently available for these crops.

Growers are strongly encouraged to adhere to UF/IFAS recommendations for related crops until guidelines tailored specifically to ethnic vegetables are developed. In addition, the following publications focusing on Asian or ethnic vegetable crops are available on Ask IFAS and may be helpful to relevant growers:

1. "Bitter Melon—an Asian Vegetable Expanding in Florida"
(<https://ask.ifas.ufl.edu/publication/HS1271>)
2. "Bok Choy, an Asian Leafy Green Vegetable Emerging in Florida"
(<https://ask.ifas.ufl.edu/publication/HS1337>)
3. "Chayote—a Potential Vegetable Crop for Florida"
(<https://ask.ifas.ufl.edu/publication/HS1454>)
4. "Chinese Mustard Cultivation Guide for Florida"
(<https://ask.ifas.ufl.edu/publication/HS1402>)
5. "Daikon Radish Cultivation Guide for Florida"
(<https://ask.ifas.ufl.edu/publication/HS1370>)
6. "Fingered Citron—a Fragrant, Ornamental Citrus Tree for Florida"
(<https://ask.ifas.ufl.edu/publication/HS1427>)
7. "Florida Cultivation Guide for Malabar Spinach"
(<https://ask.ifas.ufl.edu/publication/HS1371>)
8. "Goji Berry—a Novel Nutraceutical 'Superfruit' for Florida Master Gardeners"
(<https://ask.ifas.ufl.edu/publication/HS1391>)
9. "Leek Cultivation Guide for Florida"
(<https://ask.ifas.ufl.edu/publication/HS1388>)
10. "Long Bean—an Asian Vegetable Emerging in Florida"
(<https://ask.ifas.ufl.edu/publication/HS1268>)
11. "Long Squash—an Asian Vegetable Expanding in Florida"
(<https://ask.ifas.ufl.edu/publication/HS1272>)
12. "Luffa—an Asian Vegetable Emerging in Florida"
(<https://ask.ifas.ufl.edu/publication/HS1285>)
13. "Production Guide for Choy Sum—an Emerging Asian Vegetable in Florida"
(<https://ask.ifas.ufl.edu/publication/HS1380>)
14. "Production Guide of Vegetable Amaranth for Florida"
(<https://ask.ifas.ufl.edu/publication/HS1407>)
15. "Tong Hao—an Asian Vegetable Expanding in Florida"
(<https://ask.ifas.ufl.edu/publication/HS1276>)
16. "Waterleaf, a Potential Leafy Vegetable for Florida"
(<https://ask.ifas.ufl.edu/publication/HS1434>)
17. "Yacon, a Potential Tuberous Crop for Florida"
(<https://ask.ifas.ufl.edu/publication/HS1435>)
18. "Edamame Growth Stages in Miami-Dade County"
(<https://ask.ifas.ufl.edu/publication/HS1498>)
19. "Plant-Parasitic Nematodes Associated with Asian Vegetables in Florida"
(<https://ask.ifas.ufl.edu/publication/IN1378>)
20. "Symptoms of Nitrogen and Iron Deficiency in Luffa"
(<https://ask.ifas.ufl.edu/publication/HS1475>)

Table 1. Common name and botanical classification for selected Asian or ethnic vegetables.

Vegetable Type	Common Name	Other Names	Family Name	Related Crop Grown in Florida
Root	Daikon radish	Long white radish, Oriental radish, white radish, winter radish	Brassicaceae (Cruciferae)	Radish (chapter 15)
	Galangal	Galanga, galangale, laos, blue ginger	Zingiberaceae	Unknown
	Ginger	Canton ginger, stem ginger, red ginger, ginger pop, <i>Zingiber officinale</i> , ginger ale flavor	Zingiberaceae	Unknown
	Lobok radish	Chinese radish	Brassicaceae (Cruciferae)	Radish (chapter 15)
	Turmeric	Western ginger	Zingiberaceae	Root crops (chapter 15)
Corm	Indian taro	Dasheen, yautia, eddo, kalo, giant elephant ear	Araceae	Unknown
	Yacon	Peruvian ground apple	Asteraceae (Compositae)	Unknown
Leafy	A choy	Taiwanese lettuce	Asteraceae (Compositae)	Lettuce (chapter 9)
	Callaloo ¹	Callaloo, calaloo, calaloo, kallaloo, Xian choy, amaranth, taro, <i>Xanthosoma</i>	Amaranthaceae/Araceae	Lettuce (chapter 9)
	Long napa	Peking cabbage, celery cabbage	Brassicaceae (Cruciferae)	Cabbage (chapter 6)
	Malabar spinach	Vine spinach, red vine spinach, climbing spinach, creeping spinach, buffalo spinach, Ceylon spinach	Basellaceae	Lettuce (chapter 9)
	Napa	Napa cabbage	Brassicaceae (Cruciferae)	Cabbage (chapter 6)
	Shalihon	Xue li hong, mustard green	Brassicaceae (Cruciferae)	Cabbage (chapter 6)
	Shanghai bok choy	Bok choy, pak choi, bok choi, pok choy	Brassicaceae (Cruciferae)	Cabbage (chapter 6)
	Taiwan cabbage	Taiwan flat cabbage, Li-Sun cabbage, flathead cabbage	Brassicaceae (Cruciferae)	Cabbage (chapter 6)
	Thai Basil	Chi neang vorng, anise basil, licorice basil	Lamiaceae	Unknown
	Tong Hao	Tahn ho, Shungiku, crown daisy, garland daisy, edible chrysanthemum, garland chrysanthemum, chrysanthemum greens	Asteraceae (Compositae)	Lettuce (chapter 9)
	Tossa Jute	Jew's mallow, bush okra, nalta jute, jute mallow	Malvaceae	Unknown
	U choy	Yu choy, Chinese greens	Brassicaceae (Cruciferae)	Cabbage (chapter 6)
	Vietnamese coriander	Hot mint, Vietnamese cilantro, phak phai, Cambodian mint	Polygonaceae	Unknown
	Water spinach ²	Kangkung	Convolvulaceae	Unknown
	Wawa choy	Baby Chinese cabbage	Brassicaceae (Cruciferae)	Cabbage (chapter 6)
Flower	Gailon	Chinese broccoli (kale)	Brassicaceae (Cruciferae)	Broccoli (chapter 6)
Fruit/pod	Chinese eggplant	Aubergine, brinjal	Solanaceae	Eggplant (chapter 8)
	Edamame	Maodou, mukimame, vegetable soybean, immature soybean	Fabaceae	Soybean (chapter 11)
	Fuzzy squash	Hairy gourd, fuzzy melon	Cucurbitaceae	Cucumber (chapter 7)

Vegetable Type	Common Name	Other Names	Family Name	Related Crop Grown in Florida
	Indian eggplant	Brinjal	Solanaceae	Eggplant (chapter 8)
	Kabocha	Japanese pumpkin, kabocha squash, Kent pumpkin	Cucurbitaceae	Cucumber (chapter 7)
	Lablab beans	Hyacinth bean, bonavist bean/pea, dolichos bean, seim bean, Indian bean, cluster bean	Fabaceae	Cluster bean (chapter 11)
	Long bean, dark green	Asparagus bean, Chinese long bean, long-podded cowpea, yardlong bean	Fabaceae	Legume (chapter 10)
	Long bean, white	Chinese long bean, haricot asperge, pea bean, dow gauk	Fabaceae	Legume (chapter 10)
	Long squash	Po gua, poo gua, hu gua, opo squash, birdhouse gourd, bottle gourd, calabash gourd, hard-shelled gourd, dolphin gourd, long melon, trumpet gourd, white-flower gourd	Cucurbitaceae	Cucumber (chapter 7)
	Luffa	Loofa, loofah, Chinese okra, angled loofah, dishcloth sponge	Cucurbitaceae	Cucumber (chapter 7)
	Thai eggplant	Thai purple, Thai green, Thai yellow, Thai white	Solanaceae	Eggplant (chapter 8)
¹ “Callaloo” is a culturally diverse term used in different regions to refer to leafy vegetables and dishes prepared from them. In the Caribbean, callaloo commonly refers to leaves of amaranth species (e.g., <i>Amaranthus</i>) or taro (<i>Colocasia esculenta</i>), while in other regions it may include additional leafy greens. ² Prohibited from use in Florida according to the Federal Noxious Weed List, the Florida Department of Agriculture and Consumer Services (FDACS) 5B-64.011 Prohibited Aquatic Plants, or FDACS 5B-57.007 Noxious Weed List.				

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