

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 acreage 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 from 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 publication are to:

1. Provide various names of some ethnic/Asian vegetable crops with EDIS publications available to readers;
2. list related chapters in this handbook, which provide recommendations for crops close to these ethnic vegetables grown in Florida; and
3. list EDIS 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, some EDIS publications focusing on Asian or ethnic vegetable crops in recent years may be of help to relevant growers.

Web links for these EDIS publications are available for ethnic/Asian vegetable growers in Florida:

1. "Bitter Melon—an Asian Vegetable Expanding in Florida" at <https://edis.ifas.ufl.edu/hs1271>
2. "Bok Choy, an Asian Leafy Green Vegetable Emerging in Florida" at <https://edis.ifas.ufl.edu/hs1337>
3. "Chayote—a Potential Vegetable Crop for Florida" at <https://edis.ifas.ufl.edu/publication/HS1454>

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4. “Chinese Mustard Cultivation Guide for Florida” at <https://edis.ifas.ufl.edu/hs1402>
5. “Daikon Radish Cultivation Guide for Florida” at <https://edis.ifas.ufl.edu/hs1370>
6. “Fingered Citron—a Fragrant, Ornamental Citrus Tree for Florida” at <https://edis.ifas.ufl.edu/publication/HS1427>
7. “Florida Cultivation Guide for Malabar Spinach” at <https://edis.ifas.ufl.edu/hs1371>
8. “Goji Berry—a Novel Nutraceutical ‘Superfruit’ for Florida Master Gardeners” at <https://edis.ifas.ufl.edu/publication/HS1391>
9. “Leek Cultivation Guide for Florida” at <https://edis.ifas.ufl.edu/hs1388>
10. “Long Bean—an Asian Vegetable Emerging in Florida” at <https://edis.ifas.ufl.edu/hs1268>
11. “Long Squash—an Asian Vegetable Expanding in Florida” at <https://edis.ifas.ufl.edu/hs1272>
12. “Luffa—an Asian Vegetable Emerging in Florida” at <https://edis.ifas.ufl.edu/hs1285>
13. “Production Guide for Choy Sum—an Emerging Asian Vegetable in Florida” at <https://edis.ifas.ufl.edu/publication/HS1380>
14. “Production Guide of Vegetable Amaranth for Florida” at <https://edis.ifas.ufl.edu/publication/HS1407>
15. “Tong Hao—an Asian Vegetable Expanding in Florida” at <https://edis.ifas.ufl.edu/hs1276>
16. “Waterleaf, a Potential Leafy Vegetable for Florida” at <https://edis.ifas.ufl.edu/publication/HS1434>
17. “Yacon, a Potential Tuberous Crop for Florida” at <https://edis.ifas.ufl.edu/publication/HS1435>
18. “Plant-Parasitic Nematodes Associated with Asian Vegetables in Florida” at <https://edis.ifas.ufl.edu/publication/IN1378>
19. “Symptoms of Nitrogen and Iron Deficiency in Luffa” at <https://edis.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, and blue ginger	Zingiberaceae	Unknown
	Ginger	Canton ginger, stem ginger, red ginger, ginger pop, Zingiber officinale, 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 and kalo, giant elephant ear	Araceae	Unknown
	Yacon	Peruvian ground apple	Asteraceae	Unknown
Leafy	A choy	Taiwanese lettuce	Asteraceae (Compositae)	Lettuce (chapter 9)
	Callaloo	Callaloo, calaloo, calaloo, kallaloo, Xian choy, amaranth, taro, Xanthosoma	Amaranthus (Amaranthaceae)	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	<i>Basella alba</i> (Basellaceae)	Lettuce (chapter 9)
	Napa	Napa cabbage	Brassicaceae (Cruciferae)	Cabbage (chapter 6)
	Shalihon	Xue li hong, mustard green	Asteraceae (Compositae)	Lettuce (chapter 9)
	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
	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	Solanum (Solanaceae)	Eggplant (chapter 8)
	Edamame	Maodou, mukimame	Fabaceae	Soy bean (chapter 11)
	Fuzzy squash	Hairy gourd, fuzzy melon	Cucurbitaceae	Cucumber (chapter 7)
	Indian eggplant	Brinjal	Solanum (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	<i>Lablab purpureus</i> (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, opo squash, 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	Solanum (Solanaceae)	Eggplant (chapter 8)