

**VEGETABLES** (Continued from Cereals and Millets section)  
(Click on page number to go directly to the data table)

<i>Allium ascaloricum</i> _____	6
小葱, xiao cong, Shallot (English) _____	6
<i>Allium sativum</i> Linn. _____	7
大蒜[蒜头], da suan, Garlic bulb, (English) _____	7
蒜苗, suan miao, Garlic stalk (English) _____	7
蒜苔, suan tai, Flowery garlic stalk (English) _____	7
<i>Allium tuberosum</i> _____	8
韭菜, jiu cai, Chinese chives (English) _____	8
<i>Apium graveolens</i> _____	9
芹菜茎, qing cai (jing), Celery stalk (English) _____	9
芹菜叶, qing cai (ye), Celery leaves (English) _____	9
<i>Bambusa arundinacea</i> _____	10
竹笋, zhu sun, Bamboo shoot, whole (English) _____	10
<i>Benincasa cerifera</i> , Savi. _____	11
冬瓜, dong gua, Chinese wax gourd, winter melon (English) _____	11
<i>Brassica campestris</i> var. _____	12
油菜薹[菜薹], you cai tai, Rapa, flowering stalk (English) _____	12
<i>Brassica chinensis</i> _____	13
小白菜, xiao bai cai, Chinese mustard or celery mustard petiole (English) _____	13
<i>Brassica Juncea</i> _____	14
芥菜[雪里红, 雪菜], Crispifolia mustard greens (English) _____	14
<i>Brassica oleracea</i> var. <i>botrytis</i> _____	15
菜花[花椰菜], cai hua, Cauliflower (English) _____	15
<i>Brassica oleracea</i> L. _____	16
甘蓝[圆白菜, 卷心菜], gan lan, Cabbage (English) _____	16
<i>Brassica oleracea</i> var. <i>gongylodes</i> L. _____	17

茭蓝[玉蔓菁 , 球茎甘蓝], pie lan, Kohlrabi (English)	17
<i>Brassica narinosa</i>	18
瓢儿白[瓢儿菜], Mustard, broad beaked (English)	18
<i>Capsicum fasciculatum</i>	19
辣椒(红 , 小), la jiao, Hot pepper, red small (English)	19
<i>Capsicum frutescens var. grossa</i>	20
甜椒[灯笼椒 , 柿子椒], tian jiao, Sweet pepper, pale green (English)	20
<i>Chrysanthemum coronarium</i>	21
菊花[怀菊花], jü hua, chop suey greens, Chrysanthemum (English)	21
<i>Colocasia esculenta (L) Schott</i>	22
芋头[芋艿 , 毛芋], yu tou, Taro (English)	22
<i>Cucumis sativus</i>	23
黄瓜[胡瓜], huang gua, Cucumber (English)	23
<i>Cucurbita pepo</i>	24
方瓜, nan gua, Pumpkin (English)	24
<i>Daucus carota</i>	25
胡萝卜(黄), hu luo bo, Yellow carrot (English)	25
胡萝卜缨(红), hu luo bo ye, Carrot leaves (English)	25
<i>Glycine mas merr.</i>	26
黄豆[大豆], huang dou, Soybean (English)	26
<i>Ipomoea aquatica</i>	27
蕹菜[空心菜 , 藤藤菜], kong xin cai, Water spinach (English)	27
<i>Ipomoea batatas</i>	28
甘薯(白心)[红皮山芋], gan shu, Sweet potato, white flesh (English)	28
甘薯(红心)[山芋 , 红薯], ganshu, Sweet potato, red flesh (English)	28
<i>Luffa cylindrica</i>	29
丝瓜, si gua, Sponge gourd loofah (English)	29
<i>Lycopersicum esculentum</i>	30

番茄[西红柿], xi hong shi, Tomato round (English)	30
<i>Momordica charantia</i>	31
苦瓜[凉瓜, 癞瓜], ku gua, Balsam pear/Bitter melon (English)	31
<i>Phaseolus aureus</i>	32
绿豆, lü dou, Mung bean (English)	32
绿豆芽, lue dou ya, Mung bean sprouts (English)	32
<i>Phaseolus vulgaris</i>	33
豆角, can dou, Bean, kidney, green (English)	33
<i>Pisum sativum</i>	34
豌豆尖, wang dou jian, Tender green pea shoots (English)	34
<i>Raphanus sativum</i>	35
白萝卜[莱菔], bai luo bo, White Radish (English)	35
<i>Sechium edule</i>	36
佛手瓜[棒瓜, 菜肴梨], fo shou gua, Chayote (English)	36
<i>Solanum melongena</i>	37
茄子(紫皮, 长), qie zi, Eggplant, long dark, purple skinned (English)	37
<i>Solonum tuberosum</i>	38
马铃薯[土豆, 洋芋], ma ling shu, Potato, white (English)	38
<i>Vigna catjang</i>	39
眉豆[饭豇豆], mei dou, Cowpea, Catjang (English)	39
<i>Vicia faba</i>	40
蚕豆, can dou, Bean, broad (English)	40
<i>Zingiber officinale</i>	41
姜[黄姜], jiang, Ginger (English)	41
<i>Lactuca sativa</i>	42
莴笋叶[莴苣叶], wo sun, Lettuce (English)	42
<i>Spinacia oleracea</i>	43
菠菜[赤根菜], bo cai, Spinach (English)	43

<i>Unknown</i>	44
qie shao	44
<i>Unknown</i>	45
hong shu shao	45
<i>Unknown</i>	46
dong mi dou	46
<i>Unknown</i>	47
wo ji cai	47

## COMMUNITY FOOD SYSTEM DATA TABLE # 6

**Food category:** Vegetables

**Scientific identification:**

*Allium ascaloricum*

**Local name & other common names:**

小葱, xiao cong, Shallot (English)

**Part(s) used:** Shallot

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Shallot
Energy, Kcal	29.6*
Protein, g	1.6
Fat, g	0.4
Carbohydrate, g	4.9
Fibre, g	1.4
Ash, g	0.4
Vitamin A, RE- µg,	-
Vitamin A, RAE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	21
Zinc, mg	0.35
Iron, mg	1.3
Calcium, mg	72
Moisture, g	92.7

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT, 2002. Code #: 044205 (ref # 1). \* Energy value was calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 7****Food category:** Vegetables**Scientific identification:***Allium sativum* Linn.**Local name & other common names:**

大蒜[蒜头], da suan, Garlic bulb, (English)

蒜苗, suan miao, Garlic stalk (English)

蒜苔, suan tai, Flowering garlic stalk (English)

**Part(s) used:** bulb, stalk and flowering stalk**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)		
	Bulb	Stalk	Flowering stalk
Energy, Kcal	130*	44*	70.5*
Protein, g	4.5	2.1	2
Fat, g	0.2	0.4	0.1
Carbohydrate, g	27.6	8	15.4
Fibre, g	1.1	1.8	2.5
Ash, g	1.1	0.6	0.7
Vitamin A, RE- µg	5	47	80
Vitamin A, RAE- µg	2.5	23.5	40
Beta-carotene, µg	-	-	-
Total carotene, µg	30	280	480
Retinol, µg	-	-	-
Folic acid, µg	-	-	-
Vitamin C, mg	7	35	1
Zinc, mg	0.88	0.46	1.04
Iron, mg	1.2	1.4	4.2
Calcium, mg	39	29	19
Moisture, g	67	89	82

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The data is sourced from China FCT, 2002. Code # 044101 for bulb, code # 044106 for stalk, and code # 044107 for flowering stalk (ref # 1).

\* Energy values were calculated.

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 8****Food category:** Vegetables**Scientific identification:***Allium tuberosum***Local name & other common names:**

韭菜, jiu cai, Chinese chives (English)

**Part(s) used:** Chives**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Chives
Energy, Kcal	31.6*
Protein, g	2.4
Fat, g	0.4
Carbohydrate, g	4.6
Fibre, g	1.4
Ash, g	0.8
Vitamin A, RE- µg	235
Vitamin A, RAE- µg	117.5
Beta-carotene, µg	-
Total carotene, µg	1410
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	24
Zinc, mg	0.43
Iron, mg	1.6
Calcium, mg	42
Moisture, g	91.8

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT, 2002. Code #: 044401 (ref # 1). Chinese name in English is sourced from ref # 2. \* Energy value was calculated.

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 9****Food category:** Vegetables**Scientific identification:***Apium graveolens***Local name & other common names:**

芹菜茎, qing cai (jing), Celery stalk (English)

芹菜叶, qing cai (ye), Celery leaves (English)

**Part(s) used:** Stalk and leaves**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)	
	Stalk	Leaves
Energy, Kcal	24.6*	39.4*
Protein, g	1.2	2.6
Fat, g	0.2	0.6
Carbohydrate, g	4.5	5.9
Fibre, g	1.2	2.2
Ash, g	1.0	1.5
Vitamin A, RE- µg	57	488
Vitamin A, RAE- µg	28.5	244
Beta-carotene, µg	-	-
Total carotene, µg	340	2930
Retinol, µg	-	-
Folic acid, µg	-	-
Vitamin C, mg	8	22
Zinc, mg	0.24	1.14
Iron, mg	1.2	0.6
Calcium, mg	80	40
Moisture, g	93	89

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT, 2002. Code # 045312 for stem and code # 045313 for leaves (ref #1). Chinese name in English is sourced from ref # 2. \* Energy value was calculated.

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)



**COMMUNITY FOOD SYSTEM DATA TABLE # 10****Food category:** Vegetables**Scientific identification:***Bambusa arundinacea***Local name & other common names:**

竹笋, zhu sun, Bamboo shoot, whole (English)

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Bamboo shoot
Energy, Kcal	26.6*
Protein, g	2.6
Fat, g	0.2
Carbohydrate, g	3.6
Fibre, g	1.8
Ash, g	0.8
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	5
Zinc, mg	0.33
Iron, mg	0.5
Calcium, mg	9
Moisture, g	92.8

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source on nutrient data:** The nutrient data is sourced from china FCT, 2002. Code #: 045401 (ref # 1). Chinese name in English is sourced from ref # 2. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 11****Food category:** Vegetables**Scientific identification:***Benincasa cerifera*, Savi.**Local name & other common names:**

冬瓜, dong gua, Chinese wax gourd, winter melon (English)

**Part(s) used:** Fruit**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	13.8*
Protein, g	0.4
Fat, g	0.2
Carbohydrate, g	2.6
Fibre, g	0.7
Ash, g	0.2
Vitamin A, RE- µg	13
Vitamin A, RAE- µg	6.5
Beta-carotene, µg	-
Total carotene, µg	80
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	18
Zinc, mg	0.07
Iron, mg	0.2
Calcium, mg	19
Moisture, g	97

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by  
age/gender:****Source of nutrient data:** The nutrient data is  
sourced from China FCT, 2002. Code #:  
043203 (ref # 1). Chinese name in English is  
sourced from ref # 2. \* Energy value was  
calculated**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 12****Food category:** Vegetables**Scientific identification:***Brassica campestris var.***Local name & other common names:**

油菜薹[菜薹],you cai tai, Rapa, flowering stalk (English)

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Stalk
Energy, Kcal	28.4*
Protein, g	3.2
Fat, g	0.4
Carbohydrate, g	3
Fibre, g	2
Ash, g	1
Vitamin A, RE- µg	90
Vitamin A, RAE- µg	45
Beta-carotene, µg	-
Total carotene, µg	540
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	65
Zinc, mg	0.72
Iron, mg	2.8
Calcium, mg	156
Moisture, g	92.4

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT, 2002. Code #: 045116 (ref # 1). Chinese name in English is sourced from ref # 3. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 13****Food category:** Vegetables**Scientific identification:***Brassica chinensis***Local name & other common names:**

小白菜, xiao bai cai, Chinese mustard or celery mustard petiole (English)

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Petioles
Energy, Kcal	19.5*
Protein, g	1.5
Fat, g	0.3
Carbohydrate, g	2.7
Fibre, g	1.1
Ash, g	1.0
Vitamin A, RE- µg	280
Vitamin A, RAE- µg	140
Beta-carotene, µg	-
Total carotene, µg	1680
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	28
Zinc, mg	0.51
Iron, mg	1.9
Calcium, mg	90
Moisture, g	95

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT, 2002. Code #: 045107 (ref # 1). \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 14****Food category:** Vegetables**Scientific identification:***Brassica Juncea***Local name & other common names:**

芥菜[雪里红 , 雪菜], Crispifolia mustard greens (English)

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Flowers
Energy, Kcal	30.4*
Protein, g	2
Fat, g	0.4
Carbohydrate, g	4.7
Fibre, g	1.6
Ash, g	1.4
Vitamin A, RE- µg	52
Vitamin A, RAE- µg	26
Beta-carotene, µg	-
Total carotene, µg	310
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	31
Zinc, mg	0.7
Iron, mg	3.2
Calcium, mg	230
Moisture, g	92

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by  
age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT, 2002. Code #: 045205 (ref # 1). Chinese name in English is sourced from ref # 4. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 15

**Food category:** Vegetables

**Scientific identification:**

*Brassica oleracea var. botrytis*

**Local name & other common names:**

菜花[花椰菜], cai hua, Cauliflower (English)

**Part(s) used:** Fruit

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	28.6*
Protein, g	2.1
Fat, g	0.2
Carbohydrate, g	4.6
Fibre, g	1.2
Ash, g	0.7
Vitamin A, RE- µg	5
Vitamin A, RAE- µg	2.5
Beta-carotene, µg	-
Total carotene, µg	30
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	61
Zinc, mg	0.38
Iron, mg	1.1
Calcium, mg	23
Moisture, g	92

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 045202 (ref # 1). Chinese name in English is sourced from ref # 5. \* Energy value was calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 16****Food category:** Vegetables**Scientific identification:***Brassica oleracea L.***Local name & other common names:**

甘蓝[圆白菜, 卷心菜], gan lan, Cabbage (English)

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Flower
Energy, Kcal	26.2*
Protein, g	1.5
Fat, g	0.2
Carbohydrate, g	4.6
Fibre, g	1.0
Ash, g	0.5
Vitamin A, RE- µg	12
Vitamin A, RAE- µg	6
Beta-carotene, µg	-
Total carotene, µg	70
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	40
Zinc, mg	0.25
Iron, mg	0.6
Calcium, mg	49
Moisture, g	93

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 045201 (ref #1). Chinese name in English is sourced from ref # 5. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 17

**Food category:** Vegetables

**Scientific identification:**

*Brassica oleracea var. gongylodes L.*

**Local name & other common names:**

茼蒿[玉蔓菁, 球茎甘蓝], pie lan, Kohlrabi (English)

**Part(s) used:** Globe

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Globe, raw
Energy, Kcal	35*
Protein, g	1.3
Fat, g	0.2
Carbohydrate, g	7
Fibre, g	1.3
Ash, g	0.7
Vitamin A, RE- µg	3
Vitamin A, RAE- µg	1.5
Beta-carotene, µg	-
Total carotene, µg	20
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	41
Zinc, mg	0.17
Iron, mg	0.3
Calcium, mg	25
Moisture, g	91

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 041302 (ref # 1). Chinese name in English is sourced from reference # 2. \* Energy value was calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)



## COMMUNITY FOOD SYSTEM DATA TABLE # 18

**Food category:** Vegetables

**Scientific identification:**

*Brassica narinosa*

**Local name & other common names:**

瓢儿白 [瓢儿菜], Mustard, broad beaked (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Mustard, raw
Energy, Kcal	21.6*
Protein, g	1.7
Fat, g	0.2
Carbohydrate, g	3.2
Fibre, g	1.6
Ash, g	0.8
Vitamin A, RE- µg	200
Vitamin A, RAE- µg	100
Beta-carotene, µg	-
Total carotene, µg	1200
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	10
Zinc, mg	0.54
Iron, mg	1.8
Calcium, mg	59
Moisture, g	94.1

--- = not analyzed

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:**  
**Cost of production, if known:**  
**Importance value to the community by age/gender:**  
**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 045110 (ref # 1). \* Energy value was calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 19****Food category:** Vegetables**Scientific identification:***Capsicum fasciculatum***Local name & other common names:**

辣椒(红 , 小), la jiao, Hot pepper, red small (English)

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Hot pepper
Energy, Kcal	44.4*
Protein, g	1.3
Fat, g	0.4
Carbohydrate, g	8.9
Fibre, g	3.2
Ash, g	0.6
Vitamin A, RE- µg	232
Vitamin A, RE- µg	116
Beta-carotene, µg	-
Total carotene, µg	1390
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	144
Zinc, mg	0.3
Iron, mg	1.4
Calcium, mg	37
Moisture, g	89

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 043109 (ref # 1). Chinese name in English is sourced from reference # 5. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 20****Food category:** Vegetables**Scientific identification:***Capsicum frutescens var. grossa***Local name & other common names:**

甜椒[灯笼椒, 柿子椒], tian jiao, Sweet pepper, pale green (English)

**Part(s) used:** Fruit**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	27.4*
Protein, g	1
Fat, g	0.2
Carbohydrate, g	5.4
Fibre, g	1.4
Ash, g	0.4
Vitamin A, RE- µg	57
Vitamin A, RAE- µg	28.5
Beta-carotene, µg	-
Total carotene, µg	340
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	72
Zinc, mg	0.19
Iron, mg	0.8
Calcium, mg	14
Moisture, g	93

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from china FCT 2002. Code #: 043111 (ref # 1). \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 21

**Food category:** Vegetables

**Scientific identification:**

*Chrysanthemum coronarium*

**Local name & other common names:**

菊花[怀菊花], jü hua, chop suey greens, Chrysanthemum (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Chop suey
Energy, Kcal	305.7*
Protein, g	6
Fat, g	3.3
Carbohydrate, g	63
Fibre, g	15.9
Ash, g	8.5
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	1
Zinc, mg	2.42
Iron, mg	78
Calcium, mg	234
Moisture, g	19.2

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 211015 (ref # 1). Chinese name in English is sourced from ref # 6. \* Energy value was calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 22

**Food category:** Vegetables

**Scientific identification:**

*Colocasia esculenta (L) Schott*

**Local name & other common names:**

芋头[芋艿, 毛芋], yu tou, Taro (English)

**Part(s) used:** Tuber

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Tuber, raw
Energy, Kcal	83*
Protein, g	2.2
Fat, g	0.2
Carbohydrate, g	18.1
Fibre, g	1
Ash, g	0.9
Vitamin A, RE- µg	27
Vitamin A, RAE- µg	13.5
Beta-carotene, µg	-
Total carotene, µg	160
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	6
Zinc, mg	0.49
Iron, mg	1
Calcium, mg	36
Moisture, g	79

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 047201. Chinese name in English is sourced from ref #5. \* Energy value was calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 23

**Food category:** Vegetables

**Scientific identification:**

*Cucumis sativus*

**Local name & other common names:**

黄瓜[胡瓜], huang gua, Cucumber (English)

**Part(s) used:** Fruit

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	16.6*
Protein, g	0.8
Fat, g	0.2
Carbohydrate, g	2.9
Fibre, g	0.5
Ash, g	0.3
Vitamin A, RE- µg	15
Vitamin A, RAE- µg	7.5
Beta-carotene, µg	-
Total carotene, µg	90
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	9
Zinc, mg	0.18
Iron, mg	0.5
Calcium, mg	24
Moisture, g	96

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 043208 (ref # 1). Chinese name in English is sourced from ref # 5. \* Energy value was calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 24****Food category:** Vegetables**Scientific identification:***Cucurbita pepo***Local name & other common names:**

方瓜, nan gua, Pumpkin (English)

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	16.5*
Protein, g	0.8
Fat, g	0.1
Carbohydrate, g	3.1
Fibre, g	0.6
Ash, g	0.3
Vitamin A, RE- µg	23
Vitamin A, RAE- µg	11.5
Beta-carotene, µg	-
Total carotene, µg	140
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	2
Zinc, mg	0.97
Iron, mg	0.2
Calcium, mg	40
Moisture, g	95.8

--- = not analyzed

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:**  
**Cost of production, if known:**  
**Importance value to the community by age/gender:**  
**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 043204 (ref # 1). \* Energy value was calculated.

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 25

**Food category:** Vegetables

**Scientific identification:**

*Daucus carota*

**Local name & other common names:**

胡萝卜(黄), hu luo bo, Yellow carrot (English)

胡萝卜缨(红), hu luo bo ye, Carrot leaves (English)

**Part(s) used:** Fruit & leaves

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)	
	Carrots	leaves
Energy, Kcal	48.2*	55.6*
Protein, g	1.4	1.7
Fat, g	0.2	0.4
Carbohydrate, g	10.2	11.3
Fibre, g	1.3	4
Ash, g	0.8	4.4
Vitamin A, RE- µg	668	162
Vitamin A, RAE- µg	334	116
Beta-carotene, µg	-	-
Total carotene, µg	4010	970
Retinol, µg	-	-
Folic acid, µg	-	-
Vitamin C, mg	16	41
Zinc, mg	0.14	0.67
Iron, mg	0.5	8.1
Calcium, mg	32	350
Moisture, g	87	82

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from china FCT 2002. Code #: 041202 for yellow carrot and code # 045305 for carrot leaves. Chinese name in English is sourced ref # 5. \* Energy values were calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)



**COMMUNITY FOOD SYSTEM DATA TABLE # 26****Food category:** Vegetables**Scientific identification:***Glycine max merr.***Local name & other common names:**

黄豆[大豆], huang dou, Soybean (English)

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Soybean, raw
Energy, Kcal	420.8*
Protein, g	35
Fat, g	16
Carbohydrate, g	34.2
Fibre, g	15.5
Ash, g	4.6
Vitamin A, RE- µg	37
Vitamin A, RAE- µg	18.5
Beta-carotene, µg	-
Total carotene, µg	220
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	3.34
Iron, mg	8.2
Calcium, mg	191
Moisture, g	10.2

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 031101 (ref # 1). \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 27****Food category:** Vegetables**Scientific identification:***Ipomoea aquatica***Local name & other common names:**

蕹菜[空心菜, 藤藤菜], kong xin cai, Water spinach (English)

**Part(s) used:** Leaves**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Spinach Leaves	
Energy, Kcal	25.9*
Protein, g	2.2
Fat, g	0.3
Carbohydrate, g	3.6
Fibre, g	1.4
Ash, g	1.0
Vitamin A, RE- µg	253
Vitamin A, RAE- µg	126.5
Beta-carotene, µg	-
Total carotene, µg	1520
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	25
Zinc, mg	0.40
Iron, mg	2.3
Calcium, mg	99
Moisture, g	93

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 045326 (ref # 1). Chinese name in English is sourced from ref # 5. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 28****Food category:** Vegetables**Scientific identification:***Ipomoea batatas***Local name & other common names:**

甘薯(白心)[红皮山芋], gan shu, Sweet potato, white flesh (English)

甘薯(红心)[山芋, 红薯], ganshu, Sweet potato, red flesh (English)

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)	
	White	Red
Energy, Kcal	108.2*	105*
Protein, g	1.4	1.1
Fat, g	0.2	0.2
Carbohydrate, g	25.2	24.7
Fibre, g	1.0	1.6
Ash, g	0.6	0.6
Vitamin A, RE- µg	37	125
Vitamin A, RAE- µg	18.5	62.5
Beta-carotene, µg	-	-
Total carotene, µg	220	750
Retinol, µg	-	-
Folic acid, µg	-	-
Vitamin C, mg	24	26
Zinc, mg	0.22	0.15
Iron, mg	0.8	0.5
Calcium, mg	24	23
Moisture, g	72.6	73.4

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 021201 for white flesh and 021202 for red flesh potatoes. Chinese name in English is sourced from ref # 5. \* Energy values were calculated.

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 29

**Food category:** Vegetables

**Scientific identification:**

*Luffa cylindrica*

**Local name & other common names:**

丝瓜, si gua, Sponge gourd loofah (English)

**Part(s) used:** Loofah

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Loofah
Energy, Kcal	22.6*
Protein, g	1
Fat, g	0.2
Carbohydrate, g	4.2
Fibre, g	0.6
Ash, g	0.3
Vitamin A, RE- µg	15
Vitamin A, RAE- µg	7.5
Beta-carotene, µg	-
Total carotene, µg	90
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	5
Zinc, mg	0.21
Iron, mg	0.4
Calcium, mg	14
Moisture, g	94.3

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from china FCT 2002. Code #: 043216 (ref # 1). Chinese name in English is sourced from ref # 2. \* Energy value was calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 30****Food category:** Vegetables**Scientific identification:***Lycopersicon esculentum***Local name & other common names:**

番茄[西红柿], xi hong shi, Tomato round (English)

**Part(s) used:** Fruit**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	21.4*
Protein, g	0.9
Fat, g	0.2
Carbohydrate, g	4
Fibre, g	0.5
Ash, g	0.5
Vitamin A, RE- µg	92
Vitamin A, RAE- µg	46
Beta-carotene, µg	-
Total carotene, µg	550
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	19
Zinc, mg	0.13
Iron, mg	0.4
Calcium, mg	10
Moisture, g	94.4

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 043105 (ref # 1). \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 31****Food category:** Vegetables**Scientific identification:***Momordica charantia***Local name & other common names:**

苦瓜[凉瓜 , 癞瓜], ku gua, Balsam pear/Bitter melon (English)

**Part(s) used:** Fruit**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	24.5*
Protein, g	1.0
Fat, g	0.1
Carbohydrate, g	4.9
Fibre, g	1.4
Ash, g	0.6
Vitamin A, RE- µg	17
Vitamin A, RAE- µg	8.5
Beta-carotene, µg	-
Total carotene, µg	100
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	56
Zinc, mg	0.36
Iron, mg	0.7
Calcium, mg	14
Moisture, g	93.4

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 43212 (ref # 1). Chinese name in English is sourced from ref # 2. \* Energy value was calculated.

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 32

**Food category:** Vegetables

**Scientific identification:**

*Phaseolus aureus*

**Local name & other common names:**

绿豆, lü dou, Mung bean (English)

绿豆芽, lue dou ya, Mung bean sprouts (English)

**Part(s) used:** Beans and sprouts

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)	
	Mung beans	Mung bean sprout
Energy, Kcal	341.6	20.9*
Protein, g	21.6	2.1
Fat, g	0.8	0.1
Carbohydrate, g	62	2.9
Fibre, g	6.4	0.8
Ash, g	3.3	0.3
Vitamin A, RE- µg	22	3
Vitamin A, RAE- µg	11	1.5
Beta-carotene, µg	-	-
Total carotene, µg	130	20
Retinol, µg	-	-
Folic acid, µg	-	-
Vitamin C, mg	-	6
Zinc, mg	2.18	0.35
Iron, mg	6.5	0.6
Calcium, mg	81	9
Moisture, g	12.3	94.6

--- = not analyzed



**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code # 032101 for mung bean, and code # 042203 is for mung bean sprout. Chinese name in English is sourced from ref # 2. \* Energy values were calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 33

**Food category:** Vegetables**Scientific identification:***Phaseolus vulgaris***Local name & other common names:**

豆角, can dou, Bean, kidney, green (English)

**Part(s) used:** Beans**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Green beans, raw
Energy, Kcal	38.6*
Protein, g	2.5
Fat, g	0.2
Carbohydrate, g	6.7
Fibre, g	2.1
Ash, g	0.6
Vitamin A, RE- µg	33
Vitamin A, RAE- µg	16.5
Beta-carotene, µg	-
Total carotene, µg	200
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	18
Zinc, mg	0.54
Iron, mg	1.5
Calcium, mg	29
Moisture, g	90

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code # is 042104. Chinese name in English is sourced from ref # 5. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)



**COMMUNITY FOOD SYSTEM DATA TABLE # 34****Food category:** Vegetables**Scientific identification:***Pisum sativum***Local name & other common names:**

豌豆尖, wang dou jian, Tender green pea shoots (English)

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Shoots, raw
Energy, Kcal	228*
Protein, g	3.1
Fat, g	-
Carbohydrate, g	53.9
Fibre, g	1.3
Ash, g	0.9
Vitamin A, RE- µg	452
Vitamin A, RAE- µg	226
Beta-carotene, µg	-
Total carotene, µg	2710
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	11
Zinc, mg	0.93
Iron, mg	5.1
Calcium, mg	17
Moisture, g	42.1

--- = not analyzed

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:**  
**Cost of production, if known:**  
**Importance value to the community by age/gender:**  
**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 042112 (ref # 1). \* Energy value was calculated.

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 35

**Food category:** Vegetables

**Scientific identification:**

*Raphanus sativum*

**Local name & other common names:**

白萝卜[莱菔], bai luo bo, White Radish (English)

**Part(s) used:** Fruit

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	24.5*
Protein, g	0.9
Fat, g	0.1
Carbohydrate, g	5
Fibre, g	1
Ash, g	0.6
Vitamin A, RE- µg	3
Vitamin A, RAE- µg	1.5
Beta-carotene, µg	-
Total carotene, µg	20
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	21
Zinc, mg	0.3
Iron, mg	0.5
Calcium, mg	36
Moisture, g	93.4

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 041101 (ref # 2). Chinese name in English is sourced from ref # 2. \* Energy value was calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 36****Food category:** Vegetables**Scientific identification:***Sechium edule***Local name & other common names:**

佛手瓜[棒瓜, 菜肴梨], fo shou gua, Chayote (English)

**Part(s) used:** Fruit**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	20.9*
Protein, g	1.2
Fat, g	0.1
Carbohydrate, g	3.8
Fibre, g	1.2
Ash, g	0.6
Vitamin A, RE- µg	3
Vitamin A, RAE- µg	1.5
Beta-carotene, µg	-
Total carotene, µg	20
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	8
Zinc, mg	0.08
Iron, mg	0.1
Calcium, mg	17
Moisture, g	94.3

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 043205 (ref # 2). Chinese name in English is sourced from ref # 2. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 37****Food category:** Vegetables**Scientific identification:***Solanum melongena***Local name & other common names:**

茄子(紫皮 , 长), qie zi, Eggplant, long dark, purple skinned (English)

**Part(s) used:** Fruit**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	26.5*
Protein, g	1.0
Fat, g	0.1
Carbohydrate, g	5.4
Fibre, g	1.9
Ash, g	0.4
Vitamin A, RE- µg	30
Vitamin A, RAE- µg	15
Beta-carotene, µg	-
Total carotene, µg	180
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	7
Zinc, mg	0.16
Iron, mg	0.4
Calcium, mg	55
Moisture, g	93.1

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from china FCT 2002. Code #: 043104 (ref # 1). Chinese name in English is sourced from ref # 5. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 38****Food category:** Vegetables**Scientific identification:***Solanum tuberosum***Local name & other common names:**

马铃薯[土豆, 洋芋], ma ling shu, Potato, white (English)

**Part(s) used:** Tuber**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Tuber, raw
Energy, Kcal	78.6*
Protein, g	2
Fat, g	0.2
Carbohydrate, g	17.2
Fibre, g	0.7
Ash, g	0.8
Vitamin A, RE- µg	5
Vitamin A, RAE- µg	2.5
Beta-carotene, µg	-
Total carotene, µg	30
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	27
Zinc, mg	0.37
Iron, mg	0.8
Calcium, mg	8
Moisture, g	79.8

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 021101 (ref # 2). Chinese name in English is sourced from ref # 5. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 39****Food category:** Vegetables**Scientific identification:***Vigna catjang***Local name & other common names:**

眉豆[饭豇豆], mei dou, Cowpea, Catjang (English)

**Part(s) used:** Beans**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Beans, raw
Energy, Kcal	346.7*
Protein, g	18.6
Fat, g	1.1
Carbohydrate, g	65.6
Fibre, g	6.6
Ash, g	2.7
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	4.7
Iron, mg	5.5
Calcium, mg	60
Moisture, g	12

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 039201 (ref # 1). Chinese name in English is sourced from ref # 5. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 40****Food category:** Vegetables**Scientific identification:***Vicia faba***Local name & other common names:**

蚕豆, can dou, Bean, broad (English)

**Part(s) used:** Beans**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Beans, raw
Energy, Kcal	341.4*
Protein, g	21.6
Fat, g	1
Carbohydrate, g	61.5
Fibre, g	1.7
Ash, g	2.7
Vitamin A, RE- µg	418
Vitamin A, RAE- µg	209
Beta-carotene, µg	-
Total carotene, µg	1117
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	2
Zinc, mg	3.4
Iron, mg	8.2
Calcium, mg	31
Moisture, g	13.2

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code # is 035101. Chinese name in English is sourced from ref # 2. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 41****Food category:** Vegetables**Scientific identification:***Zingiber officinale***Local name & other common names:**

姜[黄姜], jiang, Ginger (English)

**Part(s) used:** Root**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Root, raw
Energy, Kcal	51.8*
Protein, g	1.3
Fat, g	0.6
Carbohydrate, g	10.3
Fibre, g	2.7
Ash, g	0.8
Vitamin A, RE- µg	28
Vitamin A, RAE- µg	14
Beta-carotene, µg	-
Total carotene, µg	170
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	4
Zinc, mg	0.34
Iron, mg	1.4
Calcium, mg	27
Moisture, g	87

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by  
age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 047301 (ref # 1). Chinese name in English is sourced from ref # 2. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)



## COMMUNITY FOOD SYSTEM DATA TABLE # 42

**Food category:** Vegetables

**Scientific identification:**

*Lactuca sativa*

**Local name & other common names:**

莴笋叶[莴苣叶], wo sun, Lettuce (English)

**Part(s) used:** Leaves

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves
Energy, Kcal	21.8*
Protein, g	1.4
Fat, g	0.2
Carbohydrate, g	3.6
Fibre, g	1.0
Ash, g	0.6
Vitamin A, RE- µg	147
Vitamin A, RAE- µg	73.5
Beta-carotene, µg	-
Total carotene, µg	880
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	13
Zinc, mg	0.51
Iron, mg	1.5
Calcium, mg	34
Moisture, g	94.2

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:**

**Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 045325 (ref # 1). \* Energy value was calculated.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 43****Food category:** Vegetables**Scientific identification:***Spinacia oleracea***Local name & other common names:**

菠菜[赤根菜], bo cai, Spinach (English)

**Part(s) used:** Leaves**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	31.1*
Protein, g	2.6
Fat, g	0.3
Carbohydrate, g	4.5
Fibre, g	1.7
Ash, g	1.4
Vitamin A, RE- µg	487
Vitamin A, RAE- µg	243.5
Beta-carotene, µg	-
Total carotene, µg	2920
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	32
Zinc, mg	0.85
Iron, mg	2.9
Calcium, mg	66
Moisture, g	91.2

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 045301 (ref # 1). Chinese name in English is sourced from ref # 2. \* Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 44

**Food category:** Vegetables (Local)

**Scientific identification:**

*Unknown*

**Local name & other common names:**

qie shao

**Part(s) used:**

**Preparation:**



Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	96.7*
Protein, g	0.3
Fat, g	0.13
Carbohydrate, g	24.17
Fiber, g	0.3
Ash, g	0.9
Thiamine, mg	0.07
Riboflavin, mg	0.14
Vitamin C, mg	12
Total carotene, µg	-
Moisture, g	74.5

--- = not analyzed

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:**  
**Cost of production, if known:**  
**Importance value to the community by age/gender:**  
**Source of nutrient data:** The data is analyzed by INFH, Beijing (ref # 7).  
 \* Energy value was calculated.

## Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 45

**Food category:** Vegetables (Local)**Scientific identification:***Unknown***Local name & other common names:**

hong shu shao

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves
Energy, Kcal	48.9*
Protein, g	3.8
Fat, g	0.18
Carbohydrate, g	8.02
Fiber, g	2.0
Ash, g	1.8
Thiamine, mg	0.10
Riboflavin, mg	0.14
Vitamin C, mg	6
Total carotene, µg	866.0
Moisture, g	86.2

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The data is analyzed by INFH, Beijing (ref # 7).

\* Energy value was calculated.

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 46

**Food category:** Vegetables (Local)**Scientific identification:***Unknown***Local name & other common names:**

dong mi dou

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds
Energy, Kcal	326.8*
Protein, g	23.9
Fat, g	0.72
Carbohydrate, g	56.2
Fiber, g	6.9
Ash, g	3.0
Thiamine, mg	0.06
Riboflavin, mg	0.11
Vitamin C, mg	-
Total carotene, µg	20.5
Moisture, g	16.2

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The data is analyzed by INFH, Beijing (ref # 7).

\* Energy value was calculated.

--- = not analyzed

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)



**COMMUNITY FOOD SYSTEM DATA TABLE # 47**

**Food category:** Vegetables (Local)

**Scientific identification:**

*Unknown*

**Local name & other common names:**

wo ji cai

**Part(s) used:**

**Preparation:**



Nutrient	Nutrient Composition/100g (edible portion)
	Leaves
Energy, Kcal	16.7*
Protein, g	1.6
Fat, g	0.13
Carbohydrate, g	2.27
Fiber, g	0.6
Ash, g	0.9
Thiamine, mg	0.07
Riboflavin, mg	0.07
Vitamin C, mg	-
Total carotene, µg	-
Moisture, g	95.1

--- = not analyzed

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:**  
**Cost of production, if known:**  
**Importance value to the community by age/gender:**  
**Source of nutrient data:** The data is analyzed by INFH, Beijing (ref # 7).  
 \* Energy value was calculated.

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)