

**VEGETABLES, LEAFY VEGETABLES (SHAK) AND TUBERS***Please click on the page to go directly to the table*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 1

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Abelmoschus esculentus*

**Local name & other common names:**

vendi/dherosh, Lady finger/Okra (English)

**Part(s) used:** Fruit

**Preparation:** Bhaji, chorchori or curry

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	43
Protein, g	1.8
Fat, g	0.1
Carbohydrate, g	8.7
Fiber, g	1.2
Ash, g	1.1
Vitamin A RE- µg	8.6
Vitamin A RAE- µg	4.3
Retinol, µg	-
Beta carotene, µg	52
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	10
Zinc, mg	-
Iron, mg	1.5
Calcium, mg	116
Moisture, g	88.3

--- = not analyzed

The nutrient table indicates that this vegetable is high in calcium, moderate in fiber, iron and vitamin C and low in total carotene.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** All year

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Popular among all ages, even children. Tasty vegetable that can be cooked in a variety of ways.

**Notes on samples needed for analysis:**

Nutrient information is from Bangladesh FCT, 1988, food code 528 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	*	*								*	*	*
Medium			*	*	*	*	*					
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 2

**Food category:** Vegetable, Leafy Vegetables and Tubers Leafy vegetable**Scientific identification:***Alpinia nigra***Local name & other common names:**

tara sobji

**Part(s) used:** Leaves**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	26
Protein, g	1.39
Fat, g	0.18
Carbohydrate, g	4.64
Fiber, g	1.63
Ash, g	1.36
Vitamin A, RE- µg	136
Vitamin A, RAE- µg	68
Retinol, µg	-
Beta carotene, µg	813
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	0.52
Zinc, mg	0.41
Iron, mg	3.15
Calcium, mg	-
Moisture, g	90.80

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron, moderate in fiber, low in beta-carotene, vitamin C and zinc.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Both

**Seasonality of use:** April-September

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Traditional wild vegetable with good taste. Popular vegetable for all ages.

People believe this vegetable is nutritious and good for their health.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-19

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High				*								
Medium					*	*	*					
Low												
None												

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### COMMUNITY FOOD SYSTEM DATA TABLE # 3

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Alternanthera sessilis*

**Local name & other common names:**

gira, Joyweed (English)

**Part(s) used:** Leaves

**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	44.86
Protein, g	4.44
Fat, g	1.46
Carbohydrate, g	3.49
Fiber, g	2.44
Ash, g	3.83
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	75.58

--- = not analyzed



**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** November-May  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Women like it more. It has a bitter taste. It also has medicinal value.  
**Notes on samples needed for analysis:**  
 Nutrient data is sourced from Reference # 3.  
**Reference to Sample Collection Sheets:** NR

#### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium											*	*
Low				*	*							
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 4****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Amaranthus sp.***Local name & other common names:**

amaranth (Data), Chinese spinach (English)

**Part(s) used:** Stems and leaves**Preparation:** Bhaji or curry

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	22
Protein, g	1.8
Fat, g	0.2
Carbohydrate, g	3.3
Fiber, g	1.0
Ash, g	0.5
Vitamin A RE- µg	1000
Vitamin A RAE- µg	500
Retinol, µg	-
Beta carotene, µg	5998*
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	78
Zinc, mg	-
Iron, mg	25.5
Calcium, mg	80
Moisture, g	94.3

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron, vitamin C and calcium and moderate in fiber and total carotene.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both**Seasonality of use:** March-May**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Famous shak, liked by all ages, tasty and good for health.**Notes on samples needed for analysis:**

Nutrient data source from Bangladesh FCT, 1988, Food ID 302 (ref# 15).

**Reference to Sample Collection Sheets:** NR

\* reported as beta carotene equivalent. This include the amount of beta carotene and one-half the amount of other carotenoids that have vitamin A activity

**Use and cost**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High												
Medium				*	*							
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 5

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Amaranthus spinosus*

**Local name & other common names:**

kanta-naute, adormaris, Spined amaranth (English)

**Part(s) used:** Leaves

**Preparation:** Bhaji or Bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	43
Protein, g	3
Fat, g	0.3
Carbohydrate, g	7
Fiber, g	1.1
Ash, g	3.6
Vitamin A, RE-μg	2,699
Vitamin A, RAE-μg	1,350
Retinol, μg	-
Beta carotene, μg	10,090
Total carotene, μg	32,390
Folic acid, μg	-
Vitamin C, mg	33
Zinc, mg	-
Iron, mg	22.9
Calcium, mg	800
Moisture, g	85

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** May-June  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Easy to collect and very common shak for women. It also has medicinal value.  
**Notes on samples needed for analysis:**  
 Nutrient information is from Indian FCT, 2002. SI # 53 (ref # 1).  
**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High												
Medium					*	*						
Low							*					
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 6

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Amaranthus sp.* (Amaranthaceae)

**Local name & other common names:**

lal Shak, Red Amaranth (English)

**Part(s) used:** Leaves

**Preparation:** Bhaji, Chorchori or Bhorta



Nutrient	Nutrient Composition/100g (edible portion)
	Leaves
Energy, Kcal	30
Protein, g	3.30
Fat, g	0.56
Carbohydrates	2.85
Fiber, g	0.56
Ash, g	2.59
Vitamin A, RE-μg	1,838
Vitamin A, RAE-μg	919
Retinol, μg	-
Beta carotene, μg	11,029
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	21.97
Zinc, mg	1.99
Iron, mg	19.09
Calcium, mg	-
Moisture, g	90.14

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron and beta carotene and moderate in vitamin C.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** October-January

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Very popular shak, liked by all ages. Tasty and good for health.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University (ref# 2).

**Reference to Sample Collection Sheets:** Ref. no-9

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium										*	*	*
Low	*											
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 7

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Amaranthus viridis***Local name & other common names:**

noteh

**Part(s) used:** Leaves**Preparation:** Bhaji, chorchori or ghonto

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	37
Protein, g	2.82
Fat, g	0.47
Carbohydrate, g	5.52
Fiber, g	1.10
Ash, g	2.64
Vitamin A, RE-μg	1212
Vitamin A, RAE-μg	606
Retinol, μg	-
Beta carotene, μg	7,271
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	132
Zinc, mg	0.21
Iron, mg	16.9
Calcium, mg	-
Moisture, g	87.45

--- = not analyzed

The nutrient table indicates that this vegetable is high in beta-carotene, vitamin C and iron, moderate in fiber and low in zinc.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Hunted

**Seasonality of use:** May-July

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Women and adolescents like it, it is a very familiar shak and tasty to eat.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no 29

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium					*	*						
Low							*					
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 8

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Angeissus latifolia***Local name & other common names:**

doaa

**Part(s) used:** Leaves**Preparation:** Bhaji, ghonto or chorchori

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	86
Protein, g	1.15
Fat, g	1.33
Carbohydrate, g	17.36
Fiber, g	1.38
Ash, g	2.49
Vitamin A, RE-μg	981
Vitamin A, RAE-μg	490
Retinol, μg	-
Beta carotene, μg	5,885
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	5.69
Zinc, mg	0.21
Iron, mg	5.69
Calcium, mg	-
Moisture, g	74.44

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron and beta-carotene, moderate in fiber and low in zinc and vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Both

**Seasonality of use:** November-February

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Children and women prefer it, they believe it may contain good vitamins.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-21

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High											*	*
Medium	*											
Low		*										
None												

*Photograph by Dr Harriet Kuhnlein*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 9

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Basella rubra L.*

**Local name & other common names:**

puishak, Malabar spinach (English)

**Part(s) used:** Leaves

**Preparation:** Bhaji, chorchori or curry

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	32
Protein, g	2.8
Fat, g	0.4
Carbohydrate, g	4.2
Fiber, g	-
Ash, g	1.8
Vitamin A, RE-µg	1,016
Vitamin A, RAE-µg	508
Retinol, µg	-
Beta carotene, µg	2,840
Total carotene, µg	9,360
Folic acid, µg	-
Vitamin C, mg	87
Zinc, mg	-
Iron, mg	10.0
Calcium, mg	200
Moisture, g	90.8

--- = not analyzed

The nutrient table indicates that this vegetable is high in total carotene, iron, vitamin C and calcium.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** May-June

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** All ages enjoy this vegetable; it tastes good and is good for health.

**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT 2002, SI# 93 (ref # 1).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium					*	*						
Low												
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 10****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Benincasa hispida***Local name & other common names:**

chalkumra/jalikumra, Pumpkin (English)

**Part(s) used:** Fruit**Preparation:** Bhaji, curry, bhorta, ghonto, halwa or morroba

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	10
Protein, g	0.4
Fat, g	0.1
Carbohydrates, g	1.9
Fiber, g	0.8
Ash, g	0.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	1.0
Zinc, mg	-
Iron, mg	0.8
Calcium, mg	30
Moisture, g	96.5

--- = not analyzed

The nutrient table indicates that this vegetable is moderate in iron, vitamin C and calcium and low in fiber.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both**Seasonality of use:** May-July**Cost of production (if known):** n/a**Importance value to the community by**

**age/gender:** Good vegetable liked by all age groups. Many tasty items can be prepared from this vegetable. For special occasions many traditional sweet items can be prepared from it.

**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT 2002, SI# 137 (ref # 1).

**Reference to Sample Collection Sheets:** NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High					*							
Medium						*	*					
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 11

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Boerhaavia repens L.*

**Local name & other common names:**

punornova shak, Punornova leaves (English)

**Part(s) used:** Leaves

**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	61
Protein, g	6.1
Fat, g	0.9
Carbohydrate, g	7.2
Fiber, g	-
Ash, g	1.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	27
Zinc, mg	-
Iron, mg	18.4
Calcium, mg	667
Moisture, g	84.5

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron and calcium, moderate in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Both

**Seasonality of use:** May-July

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Women like it more; they believe it is rich in iron. Pregnant women also like to eat it.

**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT 2002, SI# 96 (ref # 1).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium					*	*						
Low							*					
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 12

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Brassica campestris* var.

**Local name & other common names:**

sharisha shak, Mustard leaves (English)

**Part(s) used:** Leaves

**Preparation:** Bhaji or ghonto

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	34
Protein, g	4
Fat, g	0.6
Carbohydrate, g	3.2
Fiber, g	0.8
Ash, g	1.6
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	2,622
Folic acid, µg	-
Vitamin C, mg	33
Zinc, mg	-
Iron, mg	16.3
Calcium, mg	155
Moisture, g	89.8

--- = not analyzed

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** November-January

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Women like it more, it also has medicinal value.

**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT 2002, SI# 97 (ref # 1).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium											*	*
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 13

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Brassica oleracea var. capitata*

**Local name & other common names:**

badha kopi, Cabbage (English)

**Part(s) used:** Leaves

**Preparation:** Bhaji, curry, chorchori or salad

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	26
Protein, g	1.3
Fat, g	0.2
Carbohydrate, g	4.7
Fiber, g	1.0
Ash, g	0.5
Vitamin A, RE- µg	1210
Vitamin A, RAE- µg	605
Retinol, µg	-
Beta carotene, µg	7200*
Total carotene, µg	120
Folic acid, µg	-
Vitamin C, mg	3
Zinc, mg	-
Iron, mg	0.8
Calcium, mg	31
Moisture, g	93.3

--- = not analyzed

The nutrient table indicates that this vegetable is high in beta carotene, moderate in calcium and carbohydrate, low in iron and vitamin C.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** October-February

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** It is a very tasty and popular vegetable. It is tasty to eat with meat although women prefer it in a salad. There are several ways to prepare it.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 309 (ref # 15). \* Beta-carotene value is sourced from ref # 1, no. 66.

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High										*	*	
Medium												*
Low	*	*										
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 14

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Brassica oleracea var. botrytis*

**Local name & other common names:**

ful kopi shak, Cauliflower leaves/Cauliflower (English)

**Part(s) used:** Leaves / Fruit

**Preparation:** Bhaji or chorchori. The fruit of this vegetable is also prepared as a curry.

Nutrient	Nutrient Composition/100g (edible portion)	
	Leaves	Fruit*
Energy, Kcal	30	30
Protein, g	3.41	2.6
Fat, g	0.68	0.4
Carbohydrate, g	2.75	4.0
Fiber, g	2.10	1.2
Ash, g	1.49	1.0
Vitamin A, RE-μg	69	-
Vitamin A, RAE-μg	34	-
Retinol, μg	-	-
Beta carotene, μg	412	-
Total carotene, μg	-	30
Folic acid, μg	-	34
Vitamin C, mg	0.93	56
Zinc, mg	0.47	-
Iron, mg	33.05	1.23
Calcium, mg	-	33
Moisture, g	89.75	90.8

The nutrient table indicates that the leaves are high in iron, moderate in fiber and low in beta-carotene, zinc and vitamin C. The fruit is high in iron and vitamin C, moderate in fiber, and calcium.

**Wild, hunted, gathered, or cultivated:**  
Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** October - February.

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Young men and women prefer the leaves more; the fruit is enjoyed by all ages. It tastes good and is good for health. Several items are prepared from the fruit; especially with fish it is tasty.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka

University (ref # 2).

\* The data for fruit was sourced from the Indian FCT, 2002, no. 144 (ref 1)..

**Reference to Sample Collection Sheets:**  
Ref. no-28

--- = not analyzed

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High										-*	-	
Medium											*	*
Low	*											
None												

(- indicates the fruit is in season, whereas \* indicates the leaves are in season)

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## COMMUNITY FOOD SYSTEM DATA TABLE # 15

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Capsicum annuum*

**Local name & other common names:**

kacha marich, Capsicum (English)

**Part(s) used:** Fruit

**Preparation:** Raw, bhorta, curry or pickles

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	24
Protein, g	1.3
Fat, g	0.3
Carbohydrate, g	23.7
Fiber, g	1.0
Ash, g	1.0
Vitamin A, RE-μg	390
Vitamin A, RAE-μg	195
Retinol, μg	-
Beta carotene, μg	2340
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	125
Zinc, mg	-
Iron, mg	1.2
Calcium, mg	11
Moisture, g	73.5

--- = not analyzed

The nutrient table indicates this vegetable is high in fiber and vitamin C, moderate in iron and low in total carotene and calcium.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** All year

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Most important item for cooking vegetables. It is essential for preparing any item. All ages enjoy it. It is eaten raw at each meal, mixed with fish, meat, vegetable, or salad. It is believed to contain many vitamins. Women like it best when prepared as pickles.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT, 1988, food Id 510 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High	*	*									*	*
Medium			*	*	*	*	*	*	*			
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 16

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Carica papaya*

**Local name & other common names:**

pepe (kacha), Green papaya, immature (English)

**Part(s) used:** Fruit

**Preparation:** Bhaji, curry, chorchori, halwa and jelly

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	36
Protein, g	0.9
Fat, g	0.8
Carbohydrate, g	6.4
Fiber, g	0.9
Ash, g	1.3
Retinol, µg	-
Beta carotene, µg	0
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	6
Zinc, mg	-
Iron, mg	0.9
Calcium, mg	13
Moisture, g	90.7

--- = not analyzed

The nutrient table indicates that this vegetable is moderate in iron, low in fiber, total carotene, vitamin C, calcium and iron.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** All year

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Very popular with all age groups, many items are prepared from this fruit. It is nutritious and good for health, it also has medicinal value.

**Notes on samples needed for analysis:**

Nutrient sourced from Bangladesh FCT, 1988, food code 532 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High											*	*
Medium	*	*	*				*	*	*			
Low				*	*							
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 17

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Casuarine littorea***Local name & other common names:**

hari shak

**Part(s) used:** Leaves**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	72
Protein, g	3.15
Fat, g	1.24
Carbohydrate, g	11.97
Fiber, g	1.94
Ash, g	1.10
Vitamin A, RE- µg	869
Vitamin A, RAE- µg	434
Retinol, µg	-
Beta carotene, µg	5212
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	4.13
Zinc, mg	0.73
Iron, mg	4.26
Calcium, mg	-
Moisture, g	80.60

--- = not analyzed

The nutrient table indicates that this vegetable is high in beta-carotene and iron, moderate in fiber and zinc and low in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Home harvested

**Seasonality of use:** All year

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Traditional leafy shak, particularly enjoyed by adults. Good taste. It has medicinal value.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-13

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High											*	*
Medium	*	*	*					*	*	*		
Low				*	*	*	*					
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 18

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Centella asiatica***Local name & other common names:**

mamuni, Asian penny wort (English)

**Part(s) used:** Tender leaves**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves
Energy, Kcal	57
Protein, g	2.10
Fat, g	0.96
Carbohydrate, g	9.98
Fiber, g	1.18
Ash, g	3.45
Vitamin A, RE- µg	1969
Vitamin A, RAE- µg	984
Retinol, µg	-
Beta carotene, µg	11, 813
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	2.39
Zinc, mg	0.38
Iron, mg	4.28
Calcium, mg	-
Moisture, g	82.23

--- = not analyzed

The nutrient table indicates that this vegetable is high in beta-carotene and iron, moderate in fiber and low in zinc and vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild and uncultivated but also available in the market for sell.

**Home harvested or purchased:** Usually collected

**Seasonality of use:** Summer and rainy season

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** One of the common shak liked by both men and women. It has medicinal value which is very important for community people. As a vegetable it is really helpful in the daily menu. They believe it is rich in iron and good for their health.

**Notes on samples needed for analysis:** Analyzed by the INFS lab, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-16

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low					*	*	*	*				
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 19

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Centipeda minima*

**Local name & other common names:**

hachu, Spreading sneezeweed (English)

**Part(s) used:** Leaves

**Preparation:** Bhaji or bhorta



Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	115
Protein, g	3.48
Fat, g	3.87
Carbohydrate, g	16.69
Fiber, g	1.38
Ash, g	2.94
Vitamin A, RE- µg	968
Vitamin A, RAE- µg	484
Retinol, µg	-
Beta carotene, µg	5,809
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	3.2
Zinc, mg	2.14
Iron, mg	28.3
Calcium, mg	-
Moisture, g	71.64

--- = not analyzed

The nutrient table indicates that this vegetable is high in beta-carotene, zinc and iron. Moderate in fiber and low in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Both

**Seasonality of use:** November- February

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** This shak is popular with women and is helpful for anemia. Children like it less.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-8.

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium											*	*
Low	*											
None												

*Photograph by Dr Harriet Kuhnlein*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 20

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Ceratopteris thalictroides***Local name & other common names:**

khatkhatey, Indian fern (English)

**Part(s) used:** Leaves**Preparation:** Bhorta or chorchori

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	81
Protein, g	1.25
Fat, g	1.35
Carbohydrate, g	15.91
Fiber, g	1.58
Ash, g	1.77
Vitamin A, RE- µg	1,019
Vitamin A, RAE- µg	510
Retinol, µg	-
Beta carotene, µg	6114
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	0.95
Zinc, mg	0.67
Iron, mg	10.24
Calcium, mg	-
Moisture, g	78.14

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron and beta-carotene. Moderate in fiber and zinc, low in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Home harvested

**Seasonality of use:** April-September

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Young women and adolescents like it. It also has medicinal properties.

**Notes on samples needed for analysis:** Analyzed at the INFS lab, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-12.

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium				*	*							
Low								*	*			
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 21

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Chenopodium album***Local name & other common names:**

bathua, Common lambsquarters (English)

**Part(s) used:** Leaves with stalk**Preparation:** Bhaji, ghonto or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	40
Protein, g	3
Fat, g	0.75
Carbohydrate, g	5.84
Fiber, g	0.61
Ash, g	2.80
Vitamin A, RE- µg	1,184
Vitamin A, RAE- µg	592
Retinol, µg	-
Beta carotene, µg	7,102
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	21.50
Zinc, mg	0.5
Iron, mg	5.02
Calcium, mg	-
Moisture, g	87.62

--- = not analyzed

The nutrient table indicates that this vegetable is high in beta-carotene and iron, moderate in vitamin C and zinc and low in fiber.

**Wild, hunted, gathered, or cultivated:** Wild**Home harvested or purchased:** Both**Seasonality of use:** November-January**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Popular shak for all ages. Good taste. Also has medicinal value.**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-22**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium											*	*
Low	*											
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 22

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Colocasia esculenta*

**Local name & other common names:**

shobus kochu shak/kochuloti, Taro/green arum leaves (English)

**Part(s) used:** Leaves / Stem

**Preparation:** Bhaji, bhorta or tarkari are prepared with the leaves.

Bhaji, chorchori or curry is made with the stems.



*Photograph by Dr Harriet Kuhnlein*

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	43
Protein, g	3.96
Fat, g	1.11
Carbohydrate, g	4.26
Fiber, g	2.10
Ash, g	2.12
Vitamin A, RE- µg	1,769
Vitamin A, RAE- µg	884
Retinol, µg	-
Beta carotene, µg	10 613
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	8.84
Zinc, mg	1.01
Iron, mg	5.77
Calcium, mg	-
Moisture, g	86.75

--- = not analyzed

The nutrient table indicates that the leaves are high in iron and beta-carotene, moderate in fiber and zinc and low in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** It is usually collected from the field.

**Seasonality of use:** All seasons

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** One of the more popular vegetable items, easily available and used throughout the year. Women like the leaves more but everyone enjoys the stems. They feel the leaves have micronutrient value and medicinal value. Anemic women and children eat them to prevent anemia. During drought and famine period people depend on this plant. Different types of dishes are prepared from kochu. Kochuloti with dry fish or with jackfruit seed is really tasty. With small chingri it is a very traditional vegetable.

**Notes on samples needed for analysis:** A sample was sent to the INFS lab (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-10.

#### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	-	-			*	*						
Medium				-	-		*	*	*	_*	_*	_*
Low	*	*				-	-					
None												

(- indicates when the stem is used whereas \* indicates when the leaves are used.)

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## COMMUNITY FOOD SYSTEM DATA TABLE # 23

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Colocasia esculenta*

**Local name & other common names:**

kochurchara, Taro (English)

**Part(s) used:** Fruit

**Preparation:** Curry, bhorta or ghonto

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	122
Protein, g	1.7
Fat, g	0.2
Carbohydrate, g	28.5
Fiber, g	2.9
Ash, g	0.9
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	15
Folic acid, µg	-
Vitamin C, mg	6
Zinc, mg	-
Iron, mg	0.8
Calcium, mg	49
Moisture, g	68.8

--- = not analyzed

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** December-March

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** All ages like it but children like it least. Easy to collect.

**Notes on samples needed for analysis:**

Nutrient data sourced from ASEAN FCT, 2000. Record ID # AAB21 (ref # 7).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												*
Medium	*	*	*									
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 24

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Colocasia nymphae*

**Local name & other common names:**

jangli kochu/bonkochu

**Part(s) used:** Leaves and stem

**Preparation:** Bhaji, bhorta or chorchori



Nutrient	Nutrient Composition/100g (edible portion)
	Leaves/Stem
Energy, Kcal	51
Protein, g	2.45
Fat, g	0.78
Carbohydrate, g	8.66
Fiber, g	2.50
Ash, g	1.66
Vitamin A, RE- µg	834
Vitamin A, RAE- µg	42
Retinol, µg	-
Beta carotene, µg	498
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	8.25
Zinc, mg	0.56
Iron, mg	1.91
Calcium, mg	-
Moisture, g	83.95

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron, moderate in fiber and zinc and low in beta-carotene and vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Both

**Seasonality of use:** May-July

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Women and adults prefer it more.

Very common shak for rural people. Nutritious

for health and also used as medicinal plant. In

draught it is used more and people depend on it.

**Notes on samples needed for analysis:**

Previously analyzed by INFS, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-28.

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium					*	*						
Low							*					
None												

*Photograph by Dr Harriet Kuhnlein*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 25

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Corchorus capsularis*

**Local name & other common names:**

pat shak, Jute plant tops (English)

**Part(s) used:** Leaves

**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	62
Protein, g	2.6
Fat, g	0.1
Carbohydrate, g	12.6
Fiber, g	-
Ash, g	1.3
Vitamin A, RE- µg	1,153
Vitamin A, RAE- µg	577
Retinol, µg	-
Beta carotene, µg	6,918
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	86
Zinc, mg	-
Iron, mg	8.7
Calcium, mg	113
Moisture, g	83.5

--- = not analyzed

The nutrient table indicates that this vegetable is high in calcium, moderate in vitamin C and low in total carotene.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** March- May

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Traditional food item, adult men and women like it more. Children under 7 years do not enjoy it as it has a bitter taste. It also has medicinal value.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT, 1988, food code 322 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High			*	*								
Medium					*							
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 26

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Cucurbita maxima***Local name & other common names:**

mishti kumra, Pumpkin (English)

**Part(s) used:** Fruit**Preparation:** Bhaji, curry, ghonto or halwa

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	30
Protein, g	1.4
Fat, g	0.5
Carbohydrate, g	4.5
Fiber, g	0.7
Ash, g	0.6
Vitamin A, RE- µg	235
Vitamin A, RAE- µg	118
Retinol, µg	-
Beta carotene, µg	1,160*
Total carotene, µg	2,100*
Folic acid, µg	-
Vitamin C, mg	2
Zinc, mg	-
Iron, mg	0.44
Calcium, mg	10
Moisture, g	92.6

--- = not analyzed

The nutrient table indicates that this vegetable is moderate in total carotene, vitamin C and calcium and low in iron and fiber.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both**Seasonality of use:** October - February**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Popular vegetable for all ages.

Young women like it with dry fish. Halwa (a kind of sweet) is prepared on occasion from mishti kumra. It is tasty, good for health and easy to grow.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 523 (ref # 15). \*Carotenoids data sourced from Indian FCT, 2002. SI# 178 (ref # 1).

**Reference to Sample Collection Sheets:** NR**Use and cost**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High												
Medium										*	*	*
Low		*										
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 27

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Cucumis sativus*

**Local name & other common names:**

sosha, Cucumber (English)

**Part(s) used:** Fruit

**Preparation:** Salad or curry

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	22
Protein, g	1.6
Fat, g	0.1
Carbohydrate, g	3.5
Fiber, g	0.4
Ash, g	0.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	10
Folic acid, µg	-
Vitamin C, mg	5
Zinc, mg	-
Iron, mg	1.5
Calcium, mg	14
Moisture, g	94.9

--- = not analyzed

The nutrient table indicates that this vegetable is moderate in iron and low in fiber, calcium and vitamin C.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** April-August

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Common vegetable for all ages. It is always found in salad and is eaten raw. It is considered good for health and in the summer people eat it more.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 512 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High				*	*							
Medium							*	*				
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 28

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Dioscorea bulbifera* L.

**Local name & other common names:**

bonn aloo, Yam (English)

**Part(s) used:** Tuber

**Preparation:** Bhaji, curry, bhorta or chutney

Nutrient	Nutrient Composition/100g (edible portion)
	Tuber, raw
Energy, Kcal	119
Protein, g	3.1
Fat, g	0.3
Carbohydrate, g	25.9
Fiber, g	1.1
Ash, g	1.2
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	0.53
Iron, mg	2.92
Calcium, mg	29.3
Moisture, g	69.5

--- = not analyzed



**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Home harvest  
**Seasonality of use:** All year  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Popular item among all ages, tasty and healthy. In drought it is helpful for the poor community. A variety of preparations are made from this vegetable. It is available all year long.  
**Notes on samples needed for analysis:** Nutrient data is sourced from reference # 5.  
**Reference to Sample Collection Sheets:** NR

#### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High												
Medium						*	*	*				
Low									*	*	*	
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 29

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Dolichos lablab***Local name & other common names:**

sheem, Field beans, tender, immature (English)

**Part(s) used:** Fruit**Preparation:** Bhaji, curry or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	48
Protein, g	3.8
Fat, g	0.7
Carbohydrate, g	6.7
Fiber, g	1.8
Ash, g	0.9
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	187
Folic acid, µg	-
Vitamin C, mg	9
Zinc, mg	-
Iron, mg	0.83
Calcium, mg	210
Moisture, g	86.1

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron, moderate in fiber and low in vitamin C, total carotene and calcium.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both**Seasonality of use:** October-February**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Popular food item for all ages.

Children like it most. Good and nutritious, very tasty when fried. Easy to grow and collect.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT, 1988. Food code 506 (ref # 15).

**Reference to Sample Collection Sheets:** NR**Use and cost**

Price \ Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High										*	*	
Medium												*
Low	*											
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 30****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Dryopteris filix-mas***Local name & other common names:**

dehki, Male fern (English)

**Part(s) used:** Leaves**Preparation:** Bhaji, bhorta or chorchori

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild**Home harvested or purchased:** Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Very familiar shak, easy to collect and it is believed to have medicinal value.**Notes on samples needed for analysis:** Not analyzed.**Reference to Sample Collection Sheets:** NR**Use and cost**

Use Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	*	*										
Medium			*	*	*	*	*	*	*			
Low										*	*	
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 31

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Enhydra fluctuans***Local name & other common names:**

aien, Marsh herb (English)

**Part(s) used:** Leaves**Preparation:** Chorchori or bhaji

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	58
Protein, g	4.37
Fat, g	0.73
Carbohydrate, g	8.57
Fiber, g	1.15
Ash, g	2.24
Vitamin A, RE- µg	584
Vitamin A, RAE- µg	292
Retinol, µg	-
Beta carotene, µg	3501
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	2.14
Zinc, mg	2.36
Iron, mg	21.45
Calcium, mg	-
Moisture, g	82.94

- not analysed

The nutrient table indicates that this vegetable is high in iron and zinc, moderate in beta-carotene and fiber and low in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Home harvested

**Seasonality of use:** April-September

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** All ages enjoy this vegetable; it is considered good for health and has medicinal properties.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** Ref-no. 5

**Use and cost**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High												
Medium					*	*						
Low								*	*			
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 32

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Enhydra fluctans*

**Local name & other common names:**

helencha, Marsh herb (English)

**Part(s) used:** Leaves

**Preparation:** Bhaji, bhorta or bora



Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	68.5*
Protein, g	1.79
Fat, g	0.86
Carbohydrate, g	13.40
Fiber, g	0.48
Ash, g	2.24
Vitamin A, RE- µg	2226
Vitamin A, RAE- µg	1113
Retinol, µg	-
Beta carotene, µg	13,355
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	1.68
Zinc, mg	1.55
Iron, mg	11.19
Calcium, mg	-
Moisture, g	81.25

--- = not analyzed

The nutrient table indicates that this vegetable is high in beta-carotene, iron and zinc. Low in vitamin C and fiber.

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Collected in the field.

**Seasonality of use:** Mostly in the rainy season (May-July).

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Women and adolescents like it most. It has a sweet taste. This shak also has medicinal value. Community people believe it may be good for their health because it is rich in micronutrients. People prefer to eat this plant to correct anemia then to rely on medicine.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University. (ref # 2). \* Energy value was calculated.

**Reference to Sample Collection Sheets:** Ref. no-11.

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High									*	*		
Medium						*	*	*				
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 33

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Glinus oppositifolius* (Molluginaceae)

**Local name & other common names:**

furmitita

**Part(s) used:** Leaves

**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves
Energy, Kcal	32
Protein, g	2.38
Fat, g	0.65
Carbohydrate, g	4.07
Fiber, g	1.0
Ash, g	2.21
Vitamin A, RE- µg	517
Vitamin A, RAE- µg	258
Retinol, µg	-
Beta carotene, µg	3101
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	2.45
Zinc, mg	0.30
Iron, mg	8.15
Calcium, mg	-
Moisture, g	88.99

--- = not analyzed

The nutrient table shows that this vegetable is high in iron, moderate in beta-carotene and low in vitamin C and zinc.

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Home harvested

**Seasonality of use:** November-February

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Women like to eat it more.

Children do not like it that much because it has a bitter taste. It has medicinal value.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University. (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-1

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High												
Medium	*										*	*
Low		*										
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 34

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Glinus oppositifolius* (Molluginaceae)**Local name & other common names:**

giritita

**Part(s) used:** Leaves**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	47
Protein, g	2.62
Fat, g	0.62
Carbohydrate, g	7.68
Fiber, g	1.78
Ash, g	3.2
Vitamin A, RE- µg	884
Vitamin A, RAE- µg	442
Retinol, µg	-
Beta carotene, µg	5302
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	4.35
Zinc, mg	1.15
Iron, mg	31.38
Calcium, mg	-
Moisture, g	84.10

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron and beta-carotene, moderate in zinc, fiber and low in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Home harvested

**Seasonality of use:** November-February

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** No comments.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University. (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-2.

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium											*	*
Low	*											
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 35

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Grangea madarespatana***Local name & other common names:**

nilinchi

**Part(s) used:** Leaves**Preparation:** Bhaji or chiochori

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	48
Protein, g	3.76
Fat, g	0.76
Carbohydrates, g	6.44
Fiber, g	1.12
Ash, g	2.12
Vitamin A, RE- µg	519
Vitamin A, RAE- µg	260
Retinol, µg	-
Beta carotene, µg	3115
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	3.07
Zinc, mg	0.95
Iron, mg	10.77
Calcium, mg	-
Moisture, g	85.80

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron, moderate in beta-carotene, zinc and fiber, low in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild**Home harvested or purchased:** Both**Seasonality of use:** January-July.**Cost of production (if known):** n/a**Importance value to the community by age/gender:**

Adult women and adolescent boys and girls enjoy this food. It has good taste and is very nutritious.

**Notes on samples needed for analysis:** Analyzed at the INFS lab, Dhaka University. (ref # 2).**Reference to Sample Collection Sheets:** Ref. no-1**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*									
Low				*	*	*	*					
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 36****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Hydrocotyle asiatica***Local name & other common names:**

thanthane, Asian penny wort (English)

**Part(s) used:** Leaves**Preparation:** Bhaji, chorchori or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild**Home harvested or purchased:** Purchased**Seasonality of use:** May-September**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Adults like this shak. It has medicinal value.**Notes on samples needed for analysis:** Not analyzed.**Reference to Sample Collection Sheets:** NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium					*	*	*					
Low									*			
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 37

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Ipomoea aquatica*

**Local name & other common names:**

kolmi, Water spinach (English)

**Part(s) used:** Leaves and stem

**Preparation:** Bhaji, bhorta, ghonto, chorchory or tarkari



Nutrient	Nutrient Composition/100g (edible portion)
	Leaves/stem
Energy, Kcal	27
Protein, g	1.67
Fat, g	0.26
Carbohydrate, g	4.60
Fiber, g	1.57
Ash, g	1.59
Vitamin A, RE- µg	1,875
Vitamin A, RAE- µg	938
Retinol, µg	-
Beta carotene, µg	11, 252
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	34.31
Zinc, mg	0.15
Iron, mg	3.62
Calcium, mg	-
Moisture, g	90.31

--- = not analyzed

The nutrient table indicates that this vegetable is high in beta-carotene, vitamin C and iron, moderate in fiber.

**Wild, hunted, gathered, or cultivated:** Wild.

**Home harvested or purchased:** Usually collected from the field

**Seasonality of use:** Mostly in the rainy season (May-July).

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Vary famous shak especially for women. They believe it is very rich in micronutrients. Children from 10-14 years old collect it in ponds and on wet land. Young women collect it when bathing in the pond or bill. During the drought season it is very helpful as a vegetable.

**Notes on samples needed for analysis:** Analyzed at the INFS lab, Dhaka University. (ref # 2).

**Reference to Sample Collection Sheets:** Ref.

## Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium						*	*					
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 38

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Ipomoea batatas*

**Local name & other common names:**

ranga, Sweet potato (English)

**Part(s) used:** Tuber

**Preparation:** Boiled or halwa

Nutrient	Nutrient Composition/100g (edible portion)
	Tuber, raw
Energy, Kcal	120
Protein, g	1.2
Fat, g	0.3
Carbohydrate, g	28.2
Fiber, g	0.8
Ash, g	1.0
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	6
Folic acid, µg	-
Vitamin C, mg	24
Zinc, mg	-
Iron, mg	0.21
Calcium, mg	46
Moisture, g	68.5

--- = not analyzed

The nutrient table indicates that this vegetable is low in iron, vitamin C, calcium and fiber.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Both

**Seasonality of use:** November-March

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Children like it most.

**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT, 2002.

SI# 130 (ref # 1).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium											*	*
Low		*	*									
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 39****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Jussiaea repens***Local name & other common names:**

munshi

**Part(s) used:** Leaves**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Both  
**Seasonality of use:** April-September  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** No comments  
**Notes on samples needed for analysis:** Not analyzed.  
**Reference to Sample Collection Sheets:** NR

**Use and cost**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Price</b>												
High									*			
Medium				*	*							
Low						*	*					
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 40

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Lagenaria vulgaris*

**Local name & other common names:**

lau shak, Bottle gourd leaves (English)

**Part(s) used:** Leaves / Fruit

**Preparation:** Bhaji, bhorta or curry. The fruit can also be prepared as bhaji or ghonto.

Nutrient	Nutrient Composition/100g (edible portion)	
	Leaves	Fruit
Energy, Kcal	39	66
Protein, g	2.3	1.1
Fat, g	0.7	0.1
Carbohydrate, g	6.1	15.1
Fiber, g	1.3	0.6
Ash, g	1.7	0.6
Vitamin A, RE-μg	1199	-
Vitamin A, RAE-μg	599.6	-
Retinol, μg	-	-
Beta carotene, μg	7196	-
Total carotene, μg	-	-
Folic acid, μg	-	-
Vitamin C, mg	90	4
Zinc, mg	-	-
Iron, mg	-	0.7
Calcium, mg	80	26
Moisture, g	87.9	83.1

--- = not analyzed

The nutrient table indicates that the leaves are high in iron and vitamin C moderate in calcium and fiber. The fruit is low in iron, vitamin C calcium and fiber.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** October-December / August-December

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Very popular shak for all ages, easy to collect and has medicinal value.

**Notes on samples needed for analysis:**

nutrient data of leaves sourced from Bangladesh FCT 1988, food code 308 for leaves and food code 519 for fruit (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium								-	-	_*	_*	
Low												_*
None												

(- indicates when the fruit is used whereas \* indicates when the leaves are used.)

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## COMMUNITY FOOD SYSTEM DATA TABLE # 41

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Leucos lentifolia* sprang

**Local name & other common names:**

dondokolosh

**Part(s) used:** Leaves

**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves
Energy, Kcal	96
Protein, g	3.78
Fat, g	1.94
Carbohydrate, g	15.78
Fiber, g	1.85
Ash, g	4.26
Vitamin A, RE- µg	1085
Vitamin A, RAE- µg	543
Retinol, µg	-
Beta carotene, µg	6,512
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	3.15
Zinc, mg	0.85
Iron, mg	15.15
Calcium, mg	-
Moisture, g	72.39

--- = not analyzed



The nutrient table shows that this vegetable is high in iron and beta-carotene. Moderate in zinc and low in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** -

**Seasonality of use:** November-February

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** All ages like this shak. It has medicinal value and good taste.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University. (ref # 2).

**Reference to Sample Collection Sheets:** Ref no-17.

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium											*	*
Low	*	*										
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 42

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Lindemia antipoda***Local name & other common names:**

binijhora

**Part(s) used:** Leaves**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	35
Protein, g	3.02
Fat, g	0.43
Carbohydrate, g	4.71
Fiber, g	1.15
Ash, g	3.20
Vitamin A, RE- µg	486
Vitamin A, RAE- µg	243
Retinol, µg	-
Beta carotene, µg	2913
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	3.00
Zinc, mg	0.78
Iron, mg	9.27
Calcium, mg	-
Moisture, g	88.58

--- = not analyzed

The nutrient table shows that this vegetable is high in iron, moderate in beta-carotene, zinc and fiber and low in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Home harvested

**Seasonality of use:** July-October

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Good tasting shak, enjoyed by all ages. It also has medicinal value.

**Notes on samples needed for analysis:**  
 Analyzed at the INFS lab, Dhaka University.  
 (ref # 2)

**Reference to Sample Collection Sheets:** Ref. no-3

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium							*	*	*			
Low									*	*		
None												

*Photograph by Dr Harriet Kuhnlein*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 43

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Luffa acutangula*

**Local name & other common names:**

jhinga, Ridged gourd (English)

**Part(s) used:** Fruit

**Preparation:** Curry, bhaji, ghonto, chorchori and others

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	30
Protein, g	1.8
Fat, g	0.6
Carbohydrate, g	4.3
Fiber, g	0.5
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	33
Folic acid, µg	-
Vitamin C, mg	3
Zinc, mg	-
Iron, mg	0.5
Calcium, mg	16
Moisture, g	93

--- = not analyzed

The nutrient table indicates that this vegetable is low in fiber, carotene, vitamin C, calcium and iron.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Both

**Seasonality of use:** April-July

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Sweet tasting vegetable that is good for health, all ages enjoy this vegetable.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 520 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High				*								
Medium					*	*	*					
Low												
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 44****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Lycopersicon esculentum***Local name & other common names:**

tomato (kacha), Tomato, green (English)

**Part(s) used:** Fruit**Preparation:** Curry, salad, chutney or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, unripe
Energy, Kcal	23
Protein, g	1.9
Fat, g	0.1
Carbohydrate, g	3.6
Fiber, g	0.7
Ash, g	0.6
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	192
Folic acid, µg	-
Vitamin C, mg	31
Zinc, mg	-
Iron, mg	1.8
Calcium, mg	20
Moisture, g	93.1

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron and vitamin C, low in total carotene and calcium.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both**Seasonality of use:** September-March**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Popular vegetable for all ages. A variety of dishes are prepared from this vegetable. It is very tasty and good for health.**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT, 1988, record code 539 (ref#15).

**Reference to Sample Collection Sheets:** NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High									*	*	*	
Medium	*	*	*									*
Low												
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 45****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Manihot esculenta***Local name & other common names:**

gas alu, Climber cassava (English)

**Part(s) used:** Root and fruit**Preparation:** Bhaji, ghonto or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** November-March  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Popular among women and adults, young girls and boys also like it. It is a traditional item and is also helpful vegetable during drought.  
**Notes on samples needed for analysis:** Not analyzed.  
**Reference to Sample Collection Sheets:** NR

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*									*	*
Low			*									
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 46

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Marsilea quadrifolia***Local name & other common names:**

sushni, Four leaf clover (English)

**Part(s) used:** Leaves with stalk**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, stalk
Energy, Kcal	81
Protein, g	5.54
Fat, g	2.19
Carbohydrate, g	9.76
Fiber, g	1.40
Ash, g	2.65
Vitamin A, RE- µg	753
Vitamin A, RAE- µg	376
Retinol, µg	-
Beta carotene, µg	4516
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	2.25
Zinc, mg	0.21
Iron, mg	2.01
Calcium, mg	-
Moisture, g	78.46

--- = not analyzed

The nutrient table indicates that this vegetable is high in beta-carotene and iron, moderate in fiber and low in zinc and vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Home harvested

**Seasonality of use:** November-December

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** All ages enjoy this shak it tastes good and is nutritious for health. It is also easy to collect and has medicinal properties.

**Notes on samples needed for analysis:**  
 Analyzed at the INFS lab, Dhaka University.  
 (ref # 2)

**Reference to Sample Collection Sheets:** Ref. no-26

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low											*	*
None												

*Photograph by Dr Harriet Kuhnlein*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 47

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Momordica cochinchinensis*

**Local name & other common names:**

kakrol, Teasle gourd (English)

**Part(s) used:** Fruit

**Preparation:** Bhaji or curry

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	80
Protein, g	2.1
Fat, g	0.3
Carbohydrate, g	17.4
Fiber, g	1.6
Ash, g	0.9
Retinol, µg	-
Beta carotene, µg	410
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	0
Zinc, mg	-
Iron, mg	-
Calcium, mg	36
Moisture, g	79.4

--- = not analyzed

The nutrient table indicates that this vegetable is moderate in calcium and low in total carotene.

**Wild, hunted, gathered, or cultivated:**  
Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** April-August

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Good vegetable, enjoyed by all ages although women prefer it as bharta.

**Notes on samples needed for analysis:**  
Nutrient data sourced from Bangladesh FCT, 1988, food code 526 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High				*								
Medium					*	*	*	*				
Low												
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 48****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Momordica charantia***Local name & other common names:**

korola, Bitter gourd (English)

**Part(s) used:** Fruit**Preparation:** Bhaji or chorchori

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	28
Protein, g	2.5
Fat, g	0.1
Carbohydrate, g	4.3
Fiber, g	0.9
Ash, g	0.8
Vitamin A, RE- µg	21
Vitamin A, RAE- µg	10.5
Retinol, µg	-
Beta carotene, µg	126
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	68
Zinc, mg	-
Iron, mg	1.8
Calcium, mg	14
Moisture, g	92.4

--- = not analyzed

The nutrient table indicates that this vegetable is high in vitamin C and iron and low in total carotene and calcium.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both**Seasonality of use:** May-July**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Popular item for adults and young adults however children do not like to eat it because of its bitter taste. It has medicinal value and is effective for the treatment of indigestion and liver disease.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT, 1988, Food code 518 (ref # 15).

**Reference to Sample Collection Sheets:** NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium					*	*						
Low							*					
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 49

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Musa paradisiaca***Local name & other common names:**kolar mucha/Banana flower  
(English)**Part(s) used:** Flower**Preparation:** Bhaji, curry, bhorta  
or ghonto

Nutrient	Nutrient Composition/100g (edible portion)
	Flower
Energy, Kcal	51
Protein, g	0.49
Fat, g	0.65
Carbohydrate, g	10.84
Fiber, g	0.70
Ash, g	1.28
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	4.34
Zinc, mg	0.11
Iron, mg	0.92
Calcium, mg	-
Moisture, g	86.04

--- = not analyzed

The nutrient table indicates that this vegetable is moderate in iron, low in fiber, vitamin C, zinc and iron.

**Wild, hunted, gathered, or cultivated:**

Wild/cultivated

**Home harvested or purchased:** Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Traditional item. Children and young adults all like it as a vegetable. Many items can be prepared from it.**Notes on samples needed for analysis:**

Analyzed at the INFS lab for analysis (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-27**Use and cost**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High											*	*
Medium			*	*	*	*	*	*	*			
Low												
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 50****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Musa paradisiaca***Local name & other common names:**

kacha kola, Plantain, green (English)

**Part(s) used:** Fruit**Preparation:** Bhorta, curry, bhaji or ghonto

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	83
Protein, g	2.6
Fat, g	0.4
Carbohydrate, g	17.3
Fiber, g	0.7
Ash, g	1.0
Retinol, µg	-
Beta carotene, µg	30
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	4
Zinc, mg	-
Iron, mg	0.6
Calcium, mg	0.11
Moisture, g	78.7

--- = not analyzed

The nutrient table indicates that this vegetable is moderate in iron, low in fiber, calcium, iron and vitamin C.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by age/gender:** All ages enjoy this food but women like it more. It has medicinal value.**Notes on samples needed for analysis:**

Nutrient data is sourced from Bangladesh FCT 1988; food code 534 (ref # 15).

**Reference to Sample Collection Sheets:** NR**Use and cost**

Price \ Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	*									*	*	*
Medium			*	*	*	*	*	*	*			
Low												
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 51****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Nymphaea nouchali* Burn**Local name & other common names:**

vhat, Water lily bulb (English)

**Part(s) used:** Bulbs**Preparation:** Bhaji, curry or chorchori

Nutrient	Nutrient Composition/100g (edible portion)
	Bulbs, raw
Energy, Kcal	58
Protein, g	4.37
Fat, g	0.73
Carbohydrate, g	8.57
Fiber, g	1.15
Ash, g	0.92
Vitamin A, RE-µg	583.5
Vitamin A, RAE- µg	292
Retinol, µg	-
Beta carotene, µg	3,501
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	2.14
Zinc, mg	2.36
Iron, mg	21.45
Calcium, mg	-
Moisture, g	82.94

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron and low in zinc, and beta-carotene.

**Wild, hunted, gathered, or cultivated:**

Wild/Cultivated

**Home harvested or purchased:** Both**Seasonality of use:** June – September**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Popular among women and children, adults also enjoy it. As vegetable it is very popular food and prepared as bharta, tarkari and bhaji.**Notes on samples needed for analysis:** Analyzed at the INFS lab, Dhaka University (ref # 2).**Reference to Sample Collection Sheets:** Ref. no-6**Use and cost**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Price</b>												
High												
Medium						*	*	*	*			
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 52

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Polycarpaea corymbosa*

**Local name & other common names:**

ginna naris

**Part(s) used:** Leaves

**Preparation:** Bhaji or ghonto

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Collected  
**Seasonality of use:** April-September  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Women, adults and children older than 6 years like this shak. Tasty and good for health. Easy to collect.  
**Notes on samples needed for analysis:** Not analyzed.  
**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High												
Medium												
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 53

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Portulaca Oleracea***Local name & other common names:**

nunia, Garden purslane (English)

**Part(s) used:** Leaves and stems**Preparation:** Bhaji or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves/Stems
Energy, Kcal	27
Protein, g	2.4
Fat, g	0.65
Carbohydrate, g	2.9
Fiber, g	1.3
Ash, g	2.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	2292
Folic acid, µg	-
Vitamin C, mg	29
Zinc, mg	0.30
Iron, mg	14.8
Calcium, mg	111
Moisture, g	90.5

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron, moderate in fiber and beta-carotene, low in vitamin C and zinc.

**Wild, hunted, gathered, or cultivated:** Wild**Home harvested or purchased:** Both**Seasonality of use:** November-February**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Women like it most. It has a slightly salty taste.**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT, 2002. SI# 100 (ref # 1).

**Reference to Sample Collection Sheets:** NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium											*	*
Low		*										
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 54****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Unknown***Local name & other common names:**

moricha

**Part(s) used:** Leaves**Preparation:** Bhaji or ghonto

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Collected  
**Seasonality of use:** April-July  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Women prefer it more.  
**Notes on samples needed for analysis:** Not analyzed.  
**Reference to Sample Collection Sheets:** NR

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 55

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Solanum melongena* Wall**Local name & other common names:**

begun / baingan, Eggplant (English)

**Part(s) used:** Fruit**Preparation:** Bhaji, bharta, chutney, ghonto or curry

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Energy, Kcal	49.3
Protein, g	1.8
Fat, g	2.9
Carbohydrate, g	4.0
Fiber, g	1.3
Ash, g	0.8
Vitamin A, RE-μg	12
Vitamin A, RAE-μg	6
Retinol, μg	-
Beta carotene, μg	74
Total carotene, μg	-
Folic acid, μg	34
Vitamin C, mg	12
Zinc, mg	-
Iron, mg	0.9
Calcium, mg	28
Moisture, g	92.4

--- = not analyzed

The nutrient table indicates that this vegetable is moderate in fiber and iron, low in total carotene, calcium and vitamin C.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both**Seasonality of use:** October-April**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Good for all ages of people.

Women like it more. There are many different ways of preparing this vegetable. People with skin disease are allergic to this vegetable; otherwise it is good for ones health.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT, 1988, food code 502 (ref # 15).

**Reference to Sample Collection Sheets:** NR**Use and cost**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High				*						*		
Medium	*	*	*								*	*
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 56

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Solanum tuberosum*

**Local name & other common names:**

gol alu, Potato (English)

**Part(s) used:** Tuber

**Preparation:** Bhaji, bhorta, curry, dom or gugni.

Nutrient	Nutrient Composition/100g (edible portion)
	Tuber, raw
Energy, Kcal	102.2
Protein, g	1.6
Fat, g	0.6
Carbohydrate, g	22.6
Fiber, g	0.4
Ash, g	0.6
Vitamin A, RE-μg	4
Vitamin A, RAE-μg	2
Retinol, μg	-
Beta carotene, μg	24
Total carotene, μg	-
Folic acid, μg	7
Vitamin C, mg	17
Zinc, mg	-
Iron, mg	0.7
Calcium, mg	11
Moisture, g	74.4

--- = not analyzed

The nutrient table indicates that this vegetable is low in fiber, iron, calcium and vitamin C.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** November-February

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Most used vegetable item by all ages. Many preparations are made, very tasty and good for health. Poor people depend on it. It is as important a food as rice is for the community.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT, 1988, food code 407 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Price</b>												
High											*	
Medium	*										*	*
Low		*										
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 57

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Spinacia oleracea L.*

**Local name & other common names:**

palong shak, Indian spinach (English)

**Part(s) used:** Leaves

**Preparation:** Bhaji, ghonto or chorchori

Nutrient	Nutrient Composition/100g (edible portion)
	Leaves
Energy, Kcal	30
Protein, g	3.3
Fat, g	0.1
Carbohydrate, g	4.0
Fiber, g	0.6
Ash, g	1.8
Vitamin A, RE- µg	1,015
Vitamin A, RAE- µg	507.5
Retinol, µg	-
Beta carotene, µg	2740*
Total carotene, µg	9440*
Folic acid, µg	123
Vitamin C, mg	28
Zinc, mg	-
Iron, mg	1.14
Calcium, mg	73
Moisture, g	92.1

--- = not analyzed

The nutrient table indicates that this vegetable is high in vitamin C, calcium and iron, moderate in total carotene and low in fiber.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** October-February

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** One of the most popular shak among all age groups, very traditional vegetable. Sweet tasting and very nutritious food.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 337 (ref # 15). \*Carotenoids data sourced from Indian FCT, 2002. SI# 110 (ref# 1).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High										*		
Medium											*	*
Low	*											
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 58

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Raphanus sativus*

**Local name & other common names:**

mula, Radish (English)

**Part(s) used:** Root

**Preparation:** Bhaji, curry or salad

Nutrient	Nutrient Composition/100g (edible portion)
	Root
Energy, Kcal	28
Protein, g	1.3
Fat, g	0.1
Carbohydrate, g	5.4
Fiber, g	0.6
Ash, g	0.5
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	34
Zinc, mg	-
Iron, mg	0.5
Calcium, mg	10
Moisture, g	92.7

--- = not analyzed

The nutrient table indicates that this vegetable is high in vitamin C, moderate in iron and low in calcium and fiber.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** October-February

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Popular item. Women like it most, it is tasty and good for health; its leaves are also a popular vegetable.

**Notes on samples needed for analysis:**

Nutrient data is sourced from Bangladesh FCT 1988. Food code 408 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High										*		
Medium	*										*	*
Low		*										
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 59

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Thevitia perviang*

**Local name & other common names:**

kanai

**Part(s) used:** Leaves

**Preparation:** It is cooked as bhaji and chorchory



Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	37
Protein, g	2.98
Fat, g	0.78
Carbohydrate, g	4.46
Fiber, g	1.98
Ash, g	3.60
Vitamin A, RE- µg	735
Vitamin A, RAE- µg	367.5
Retinol, µg	-
Beta carotene, µg	4,410
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	1.90
Zinc, mg	0.12
Iron, mg	5.28
Calcium, mg	26
Moisture, g	86.25

--- = not analyzed

The nutrient table indicates that this vegetable is high in beta carotene, and iron.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Both

**Seasonality of use:** November - February

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Sweet taste vegetable and all ages enjoy it, and available more in winter.

**Notes on samples needed for analysis:**

Nutrient data sourced from INFS lab, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	*	*									*	*
Medium												
Low												
None												

*Photograph by Dr Harriet Kuhnlein*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 60

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Trichosanthes anguina* L.

**Local name & other common names:**

chichinga, Snake gourd (English)

**Part(s) used:** Fruit

**Preparation:** Bhaji, curry or chorchori

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	18
Protein, g	0.5
Fat, g	0.3
Carbohydrate, g	3.3
Fiber, g	0.8
Ash, g	0.5
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	96
Folic acid, µg	15.5
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	0.3
Calcium, mg	26
Moisture, g	94.6

--- = not analyzed

The nutrient table indicates that this vegetable is low in carotene, iron, calcium and fiber.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** April-August

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Good vegetable all ages enjoy it.

It is tasty and good for health.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 522 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Price \ Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High				*								
Medium					*	*	*	*				
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 61

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Vigna catjang*

**Local name & other common names:**

borboti/bobote, Cowpea (English)

**Part(s) used:** Beans

**Preparation:** Bhaji, chorchori, curry or bhorta



Photograph by Dr Harriet Kuhnlein

Nutrient	Nutrient Composition/100g (edible portion)
	Beans
Energy, Kcal	50
Protein, g	3.0
Fat, g	0.2
Carbohydrate, g	9
Fiber, g	3.8
Ash, g	0.8
Vitamin A, RE-μg	94
Vitamin A, RAE-μg	47
Retinol, μg	-
Beta carotene, μg	564
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	10
Zinc, mg	-
Iron, mg	5.9
Calcium, mg	33
Moisture, g	87.0

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron and fiber and moderate in calcium and vitamin C.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** All year

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** All age groups enjoy this vegetable; children are also fond of it. It is tasty and nutritious, available throughout the year and easy to collect.

**Notes on samples needed for analysis:**

Nutrient data is sourced from Bangladesh FCT, 1988, food code 511 (ref #15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High									*	*	*	
Medium	*	*	*	*	*	*	*	*				*
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 62

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Vitis assamica*

**Local name & other common names:**

almush

**Part(s) used:** Leaves

**Preparation:** Bhaji or bhorta



Nutrient	Nutrient Composition/100g (edible portion)
	Leaves, raw
Energy, Kcal	36
Protein, g	4.68
Fat, g	1.23
Carbohydrate, g	1.48
Fiber, g	1.49
Ash, g	1.99
Vitamin A, RE- µg	1002
Vitamin A, RAE- µg	501
Retinol, µg	-
Beta carotene, µg	6, 013
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	1.46
Zinc, mg	0.63
Iron, mg	67.91
Calcium, mg	-
Moisture, g	89.13

--- = not analyzed

The nutrient table shows that this vegetable is high in iron and beta-carotene, moderate in fiber and low in vitamin C and zinc.

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Harvested naturally in the field.

**Seasonality of use:** November-February

**Cost of production (if known):** Nil

**Importance value to the community by age/gender:** Women like it more, but young women prefer it most. It is said to be helpful for the treatment of anemia, and believed to contain other (unknown) micronutrients. Money is not needed to obtain it.

**Notes on samples needed for analysis:** Analyzed at the INFS lab, Dhaka University (ref #2).

**Reference to Sample Collection Sheets:** Ref. no-4

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High												
Medium												
Low												
None	*	*									*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 63

**Food category:** Vegetable, Leafy Vegetables and Tubers

**Scientific identification:**

*Unknown*

**Local name & other common names:**

katis

**Part(s) used:** Leaves

**Preparation:** Bhorta or ghonto

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** October-December  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Women like it the most. Children do not like it because it is too bitter. It also has medicinal properties.  
**Notes on samples needed for analysis:** Not analyzed.  
**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Price												
High												
Medium										*	*	
Low												*
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 64****Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Unknown***Local name & other common names:**

marfa

**Part(s) used:** Fruit**Preparation:** Bhaji or curry

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** All year  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Women like it more, children also like it. Good for digestion.  
**Notes on samples needed for analysis:** Not analyzed.  
**Reference to Sample Collection Sheets:** NR

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High											*	*
Medium	*	*		*	*	*	*					
Low								*	*			
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 65

**Food category:** Vegetable, Leafy Vegetables and Tubers**Scientific identification:***Unknown***Local name & other common names:**

tiatoi

**Part(s) used:** Fruit**Preparation:** Bhaji, curry or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	90
Protein, g	1.15
Fat, g	0.85
Carbohydrate, g	19.31
Fiber, g	5.48
Ash, g	0.85
Vitamin A, RE- µg	425
Vitamin A, RAE- µg	213
Retinol, µg	-
Beta carotene, µg	2552
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	0.25
Iron, mg	8.65
Calcium, mg	-
Moisture, g	72.37

--- = not analyzed

The nutrient table indicates that this vegetable is high in iron and fiber, moderate in beta-carotene and low in zinc.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Collected

**Seasonality of use:** May-September

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Traditional vegetable and only available in the costal area of Bangladesh.

Young and elderly people like it. It has a good sweet taste and is a healthy vegetable.

**Notes on samples needed for analysis:**

Analyzed at the INFS lab, Dhaka University (ref # 2).

**Reference to Sample Collection Sheets:** Ref. no-20

**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium					*	*	*					
Low								*				
None												

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