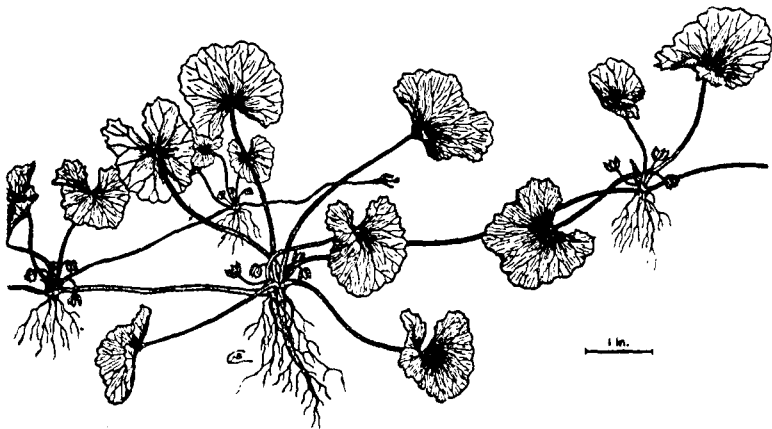


MINISTRY OF AGRICULTURE  
FEDERATION OF MALAYA

Agricultural Leaflet No. 38

GROW YOUR OWN VEGETABLES



*Pegaga (Indian Pennywort)*

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# GROW YOUR OWN NUTRITIOUS VEGETABLES

## Introduction

The village people of Malaya sometimes suffer from non-infectious diseases such as beri-beri and night blindness which are caused by deficiencies in their diets. Some of the early symptoms of these and related diseases are emaciation, white spots on the eyes, cracks at the corners of the mouth, sore tongue, mental dullness and skin troubles generally. The early symptoms may be mild but they should not be ignored because they may develop into complete blindness.

All these deficiencies can be prevented by eating plenty of fresh vegetables and fruit. Some of the more valuable vegetables are described here together with notes on their cultivation. This is not an exhaustive list: most green vegetables and beans are nutritious. At the end of this leaflet is a list of some Malayan food crops with the vitamin 'A' content per ounce.

Vegetables can be grouped roughly into four. The first group is that of the green leafy vegetables. These, again, are usually divided into dark green and light green leafy vegetables. The dark green leaves of kangkong, bayam merah, chekor manis, and many others, will give iron for the blood, Vitamin 'A' for the eyes and skin, and calcium for the bones and teeth; they also supply Vitamin 'C' which is needed to keep the blood and the gums healthy. The light green vegetables, such as the various sorts of cabbage, puchok paku and sawi will do the same job. They are not always quite so nutritious, but they are all good to eat and help to give plenty of variety.

The next group of vegetables is that known as vegetable fruits: these are brinjals, tomatoes, cucumber, gourds and pumpkins. Those which are red, yellow or orange in colour will supply Vitamin 'A' for the skin and eyes. They all give some minerals and vitamins and they are the vegetables which help to make the meals more interesting.

The peas, beans and nuts are the third group. Everyone should eat these regularly, particularly those people who do not get very much meat, fish or eggs in their daily food. These vegetables supply the body-building protein and, if only a little fish, milk or egg and some occasional servings of meat are eaten, they become the most important item in the daily diet. These vegetables also contain good amounts of B Vitamins which are needed for the health of nerves and digestion and for the prevention of beri-beri.

The last group of vegetables are the root vegetables: potatoes, sweet potatoes, yams, carrots, lobak and many others. The white mealy root vegetables do exactly the same job as rice in the diet—they

provide energy, but they do also supply rather more minerals and vitamins than rice and so they are very useful added to the curry to make the meal more filling as well as a little more nutritious. Lobak is not very nutritious and should only be eaten for variety. Carrots and yellow sweet potatoes are important because not only do they supply energy, but also they contain good quantities of Vitamin 'A'.

The easiest way to make sure that enough vegetables of the right sort are eaten is to try and see that at least one serving, of about two to three tahils of dark green or else yellow, orange or red vegetables is taken every day. In addition at least one serving of one of the peas, beans or nuts should be taken. Other vegetables may be eaten as desired but the daily meals should also include, whenever possible, some vegetable or fruit which is eaten raw; this is because in preparation and cooking quite a lot of the minerals and vitamins may be lost, so this one serving of raw fruit or vegetable is an extra safeguard for good health.

## 25 Nutritious Vegetables

A selection of particularly nutritious vegetables is given in Table I. Most other green vegetables are also nutritious but those listed are especially valuable, either because of their high content of vitamins, minerals and protein or because they are readily cultivated or collected.

1. *Kachang goreng (groundnuts)*.—This vegetable is well-known to all races and it thrives on well-drained sandy soil which is free from weeds.

*Cultivation*.—Discard the shells and sow the seed, two or three to a point, at a spacing of 1 × 1 ft. or 18 × 18 in. Keep the ground well weeded until the young plants form a cover. This crop yields heavily if a dressing of two bags of ground limestone per square chain is applied before planting together with some wood ashes or burnt padi husk.

After about 100 days the leaves begin to wither and the nuts can be forked out of the soil. These should be thoroughly sun-dried before storage.

*Uses*.—After the shells are discarded the nuts can be eaten either fresh or roasted. Groundnuts contain plenty of protein and fat and are of special value in preventing beri-beri.

TABLE I.

*Vegetables with a High Nutritive Value.*

No.	MALAY NAME	BOTANICAL NAME	ENGLISH NAME	C= <i>cultivated</i> W= <i>wild</i>
1.	kachang goreng	<i>Arachis hypogaea</i>	groundnuts	C
2.	kachang jepun	<i>Glycine max</i>	soya bean	C
3.	kachang kelisa. kachang botor	<i>Psophocarpus tetragonolobus</i>	4-angled bean	C
4.	chabai	<i>Capsicum annuum</i>	green chillies	C
5.	petola ular	<i>Trichosanthes anguina</i>	snake gourd	C
6.	kuchai	<i>Allium odorum</i>	Chinese chives	C
7.	asin <sup>2</sup> . chekor manis	<i>Sauropus androgynus</i>	chekor manis	C
8.	daun selada	<i>Lactuca sativa</i>	lettuce	C
9.	selada ayer	<i>Nasturtium officinale</i>	watercress	C
10.	bayam	<i>Amaranthus spp.</i>	amaranth	C
11.	keremak	<i>Alternanthera triandra</i>	—	C
12.	kangkong	<i>Ipomoea reptans</i>	kangkong	C
13.	peterseli	<i>Petroselinum vulgare</i>	parsley	C
14.	salang	<i>Claoxylon longifolium</i>	—	W
15.	pina <sup>2</sup>	<i>Pterococcus corniculatus</i>	—	C & W
16.	geti	<i>Sesbania grandiflora</i>	sesban	C
17.	remayong	<i>Basella rubra</i>	Ceylon spinach	C
18.	gelang pasir	<i>Portulaca oleracea</i>	purslane	W
19.	pegaga	<i>Centella asiatica</i>	Indian pennywort	W
20.	puchok kelor	<i>Moringa oleifera</i>	horse-radish tree	C
21.	semangkok	<i>Nothopanax scutellarium</i>	cup-leaved panax	C
22.	kesom	<i>Polygonum minus</i>	—	W
23.	puchok paku	<i>Athyrium esculentum</i>	fern shoot	W
24.	pak choy	<i>Brassica chinensis</i>	Chinese white cabbage	C
25.	ubi kemili	<i>Coleus tuberosus</i>	—	C

2. *Kachang jepun (soya bean)*.—This is a valuable source of fat but the seeds are indigestible unless specially prepared.

*Cultivation*.—Sow the seed in well manured raised beds at a spacing of 2 ft. × 9 in. using 3 seed per point. When the young shoots appear above ground, dust them with B.H.C. (e.g., Agrocide 3) or D.D.T. to prevent attack by a stem-boring fly. Dust again 7 to 10 days later and thin to one seedling per point.

Keep the surface of the beds free from weeds and lightly cultivated until flowering commences. The leaves will die off after 100 to 110 days; the plants should then be pulled up, tied in bundles and hung up in an airy shed until dry. The pods can then be shelled either by hand or by beating with sticks and the seed sun-dried.

If you obtain your seed from the Department of Agriculture your yield may be as high as 1,100 to 1,500 lb. per acre.

*Uses.*—Soya beans can be germinated in darkness to make *tauge kasar* or else they can be cooked, pounded and fermented with mould to give the well known *tempe cakes*. Other preparations are *tau-ho*, *tau-fu* and *kechap*.

3. *Kachang kelisa, kacang botor (four-angled bean).*—This is a most valuable vegetable since it is easy to cultivate and will remain in bearing for at least one year.

*Cultivation.*—The large black seeds are thick-skinned and often slow to germinate. However, if they are carefully nicked with a sharp knife and soaked overnight in warm water they will germinate within a week.

A very easy way to grow this vegetable is to manure heavily a mound of soil and to plant 4 or 5 seed in the centre of this. After the shoots appear, surround them with two or three branched bamboos on which they will climb. They can then be trained to grow over a strong frame-work about 5 ft. tall and at least 6 × 6 ft. in area. This should be made of hardwood as it will need to last 12 to 18 months.

The young beans should be plucked when not more than 3 to 4 in. long as older ones are fibrous. The vines can be kept productive by an occasional top dressing of compost or cattle manure and it is important to harvest frequently.

*Uses.*—The young pods can be eaten raw as a salad or else lightly-cooked by steaming. The young leaves and shoots are also eaten.

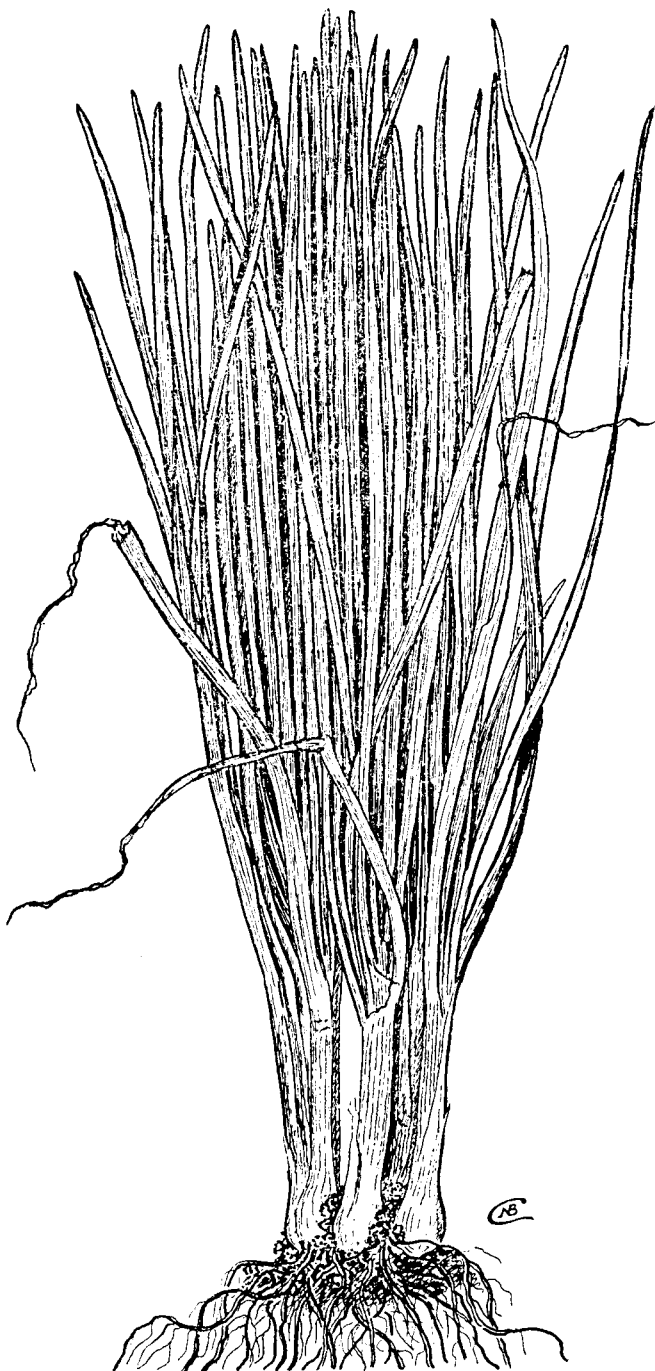
4. *Chabai (chillies).*—Green and red chillies are invaluable in *sambal* and provide a useful source of vitamins.

*Cultivation.*—Hand pick some ripe fruits and wash out the seed. Dry these in the sun and sow in a nursery of burnt soil which is exposed to the sun. When the seedlings are 2 in. tall plant these out into well manured vegetable beds at a spacing of 2 × 1½ ft. Give frequent top-dressings during growth of a liquid manure, of a vegetable fertilizer or of burnt refuse. The bushes will start to fruit after three months and should remain in bearing for nine to twelve months.

*Uses.*—The fruit are picked fresh and used uncooked in *sambal*.

5. *Petola ular (snake gourd).*—All gourds are palatable but the *petola ular* is more nutritious than the other kinds.

*Cultivation.*—Sow fresh seed on heavily manured mounds and allow the vines to grow over a strong support in much the same way as for *kachang kelisa*. Train the vines to spread evenly over this horizontal support. Fruits are produced three months from sowing seed



*Kuchai (Chinese Chives)*

and they will hang down below the trellis. If a small stone is tied to the end of each fruit this will encourage them to grow straight.

*Uses.*—The young fruit are peeled, cut up into small pieces and boiled in water when they make a palatable vegetable.

6. *Kuchai (Chinese chives).*

*Cultivation.*—Plants can be raised from imported seed but it is easier to divide up old clumps and plant out the divisions at a spacing of 18 × 9 in. on well-manured, raised beds. In dry weather they should be regularly watered and the plants will benefit from frequent applications of liquid manure.

*Uses.*—After three months the leaves are cut off close to the ground and these are chopped up and added to many dishes as a flavouring. If the beds are well manured the leaves can be cropped at frequent intervals. Eventually the clumps become too large and they require to be divided up and replanted.

7. *Chekor manis, asin-asin.*

*Cultivation.*—Plant cuttings at a spacing of 2 × 2 ft. in well manured beds of sandy-loam or other well-drained fertile soil. Harvest of young shoots can commence after four months and can be repeated periodically. A heavy mulch of organic matter on the surface of the beds is beneficial and top-dressings of sulphate of ammonia at 2 oz. per yard of bed will help to maintain yields at a high level.

*Uses.*—The young shoots are used as a fresh salad or they are cooked by steaming or used in soups. It is a very nutritious vegetable.

8. *Daun selada (Lettuce).*

*Cultivation.*—Sow fresh seed thinly in boxes of rich soil and transplant the seedlings as soon as they are large enough to handle into raised beds which have been heavily manured with old compost or cattle manure. Suitable spacings are 9 × 9 in. to 12 × 12 in. The crop should be watered frequently in dry weather and protected from heavy rain in the wet season.

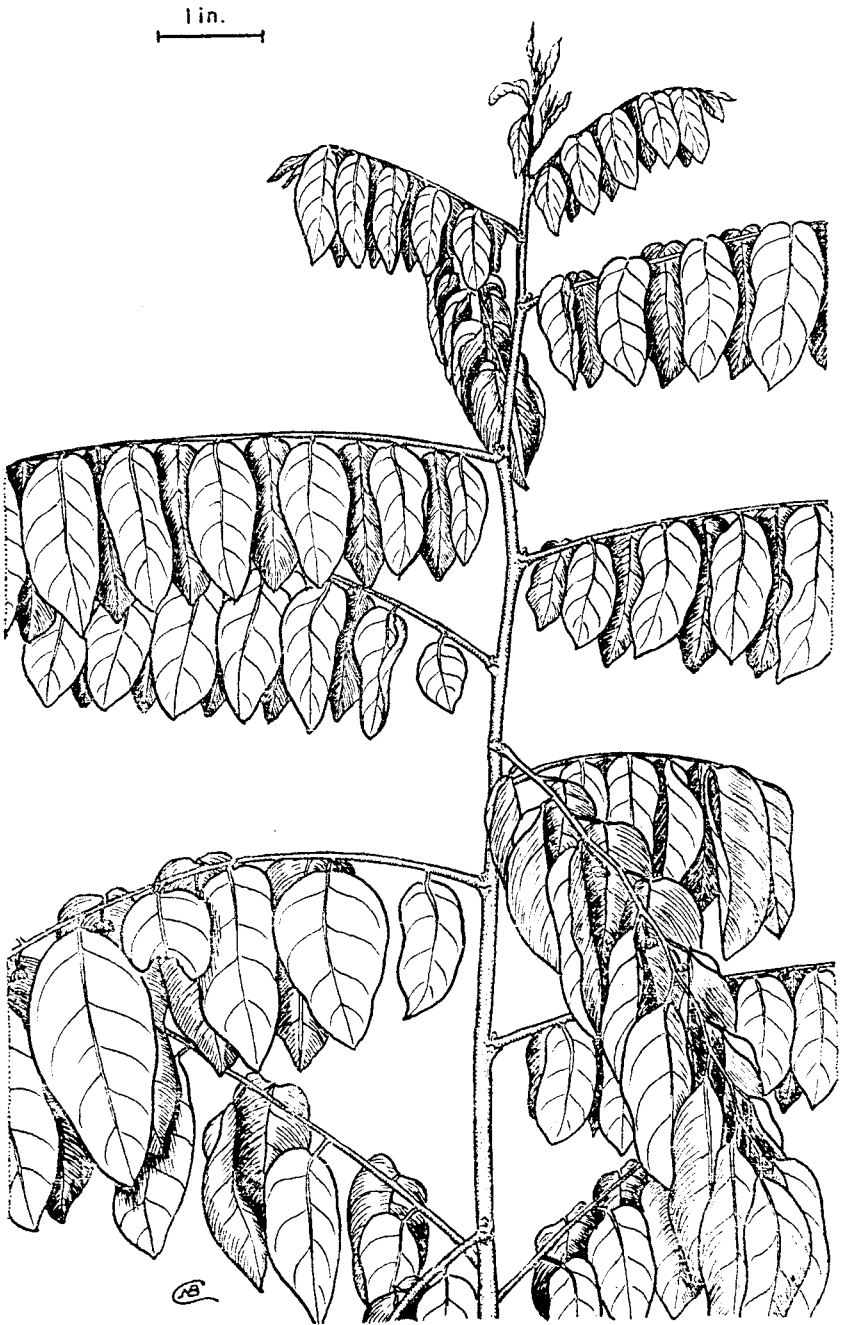
Harvest can commence after eight weeks.

Mignonette and Imperial 847 are good varieties for the lowlands. Australian seed gives good results.

*Uses.*—Eaten fresh as a salad.

9. *Selada ayer (water cress).*

*Cultivation.*—Where a source of fresh, cold water is available from mountain streams water cress can be grown from cuttings in the same manner as wet padi. However there should be a steady flow of water through the beds and the water depth should be kept at 3 to 6 in.

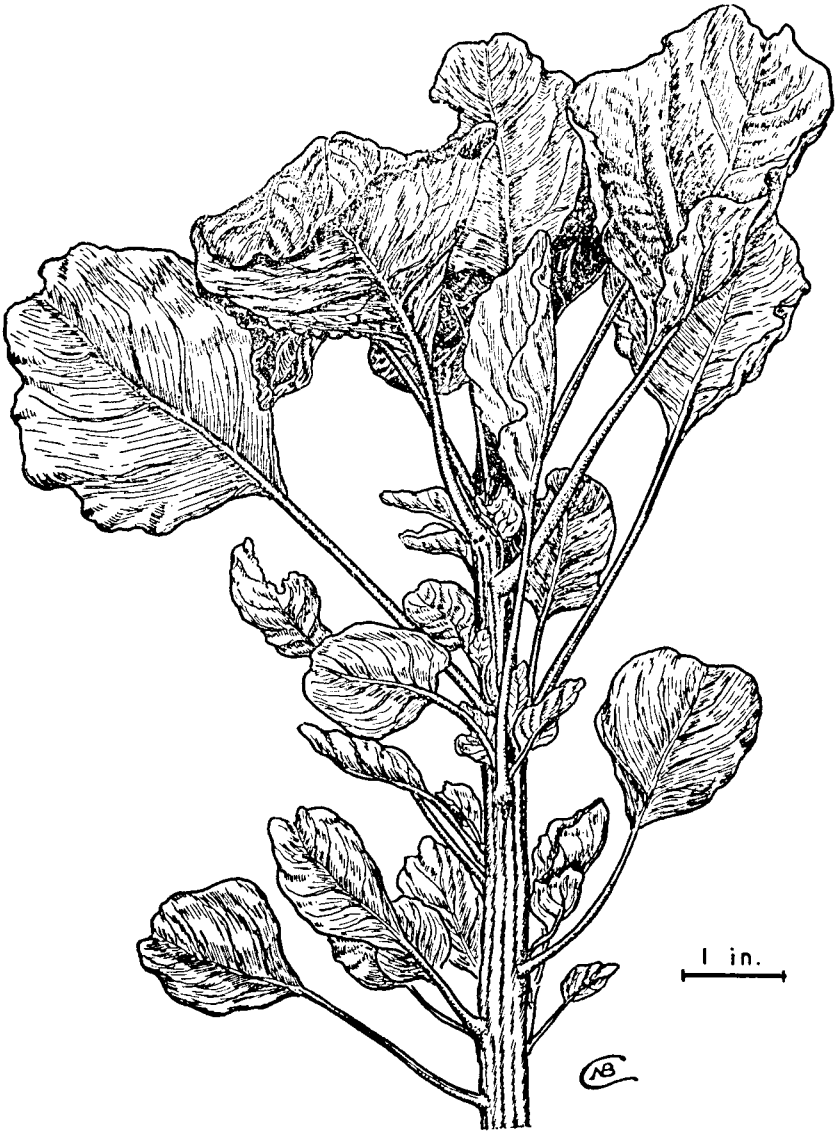


*Chekor Manis*





*Selada Ayer (Watercress)*



*Bayam (Amaranth)*

Elsewhere water-cress can be grown in moist rich soil under shade. Cuttings root easily and the crop benefits from frequent application of liquid manure.

*Uses.*—If liquid manure has been used water-cress should always be lightly boiled before eating. However, where it is grown in clear water it can be eaten raw as a salad.

#### 10. *Bayam (amaranth spinach).*

*Cultivation.*—Sow seed thinly in rows 12 in. apart and thin seedlings to a final spacing of 10 to 12 in. within rows. The beds should be heavily manured with cattle manure or compost and the young plants should receive frequent top dressings of sulphate of ammonia at 2 oz. per sq. yd.

*Uses.*—Young seedlings and the leaves from older plants can be cooked lightly as a vegetable. There are many different varieties and all are nutritious.

11. *Keremak.*—This is a wild plant which is a common weed on coastal clay soil near the sea. It likes a site in full sun and can usually be found growing on the edge of footpaths or on coastal bunds.

*Uses.*—This wild vegetable is well known to Javanese and it can be cooked like *bayam*. It has a pleasant peppery flavour.

#### 12. *Kangkong.*

*Cultivation.*—The best variety is *kangkong puteh* which is grown from local seed. Seedlings are planted out at a spacing of 18 × 12 in. on well manured raised beds or the seed may be sown *in situ*.

After six weeks the whole plant can be lifted from the soil.

The other varieties are grown from cuttings in the same way as sweet potatoes but they are coarser and less palatable.

*Uses.*—The young plants, shoots and leaves can be cooked like *bayam* or in soups and are very nutritious.

#### 13. *Peterseli (parsley).*

*Cultivation.*—Fresh imported seed is sown in boxes of rich soil and later they can be planted out in shaded beds at a spacing of 6 × 9 in. This vegetable likes a very rich soil which has received a good dressing of rock phosphate and ground limestone. Bat guano is also a suitable fertilizer.



*Keremak*



*Kangkong Putih*



*Salang*

*Uses.*—Parsley is a highly nutritious vegetable which can be eaten raw as a salad or may be added to other food as a flavouring. It is very palatable and is rich in vitamins and minerals.

14. *Salang, sanglong.*—This is a wild tree or large shrub which is not usually cultivated. It somewhat resembles the common *balek angin* but is less branched.

The large velvety leaves, which are spirally arranged, become limp and wither quickly after plucking.

*Uses.*—The leaves are cooked as a vegetable in the same way as *bayam*.

15. *Pina-pina.*

*Cultivation.*—This is a wild climbing plant, woody at the base, which is easy to cultivate. Leafy cuttings root readily in sandy soil provided they are given temporary shade of *atap* or *resam*. A suitable spacing is  $1 \times 2\frac{1}{2}$  ft. and the plants should be provided with sticks 6 to 7 ft. high on which to twine, as for *kachang panjang*. Frequent top dressings of sulphate of ammonia at 2 oz. per sq. yd. keep the vines in vigorous growth.

*Uses.*—The leaves and young shoots are cooked like *bayam* and have an appetising sweet taste. This is a most nutritious vegetable, easy to cultivate, which should be better known. It has been cultivated for many years in the Slim River-Trolak area of southeast Perak.

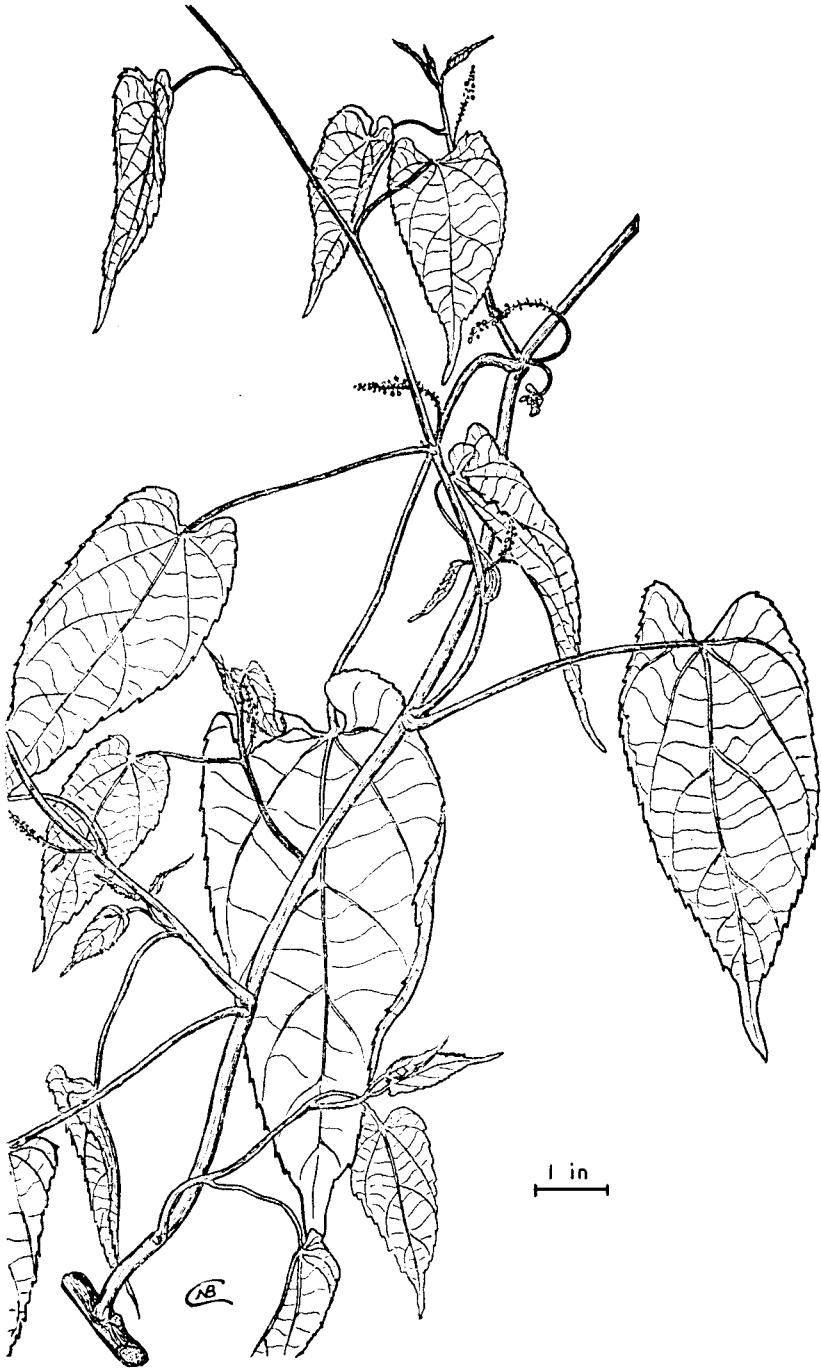
16. *Geti (sesban).*

*Cultivation.*—This small tree is grown from seed which should be sown in boxes and nursery beds. The young seedlings are transplanted when 3 to 6 in. tall at a spacing of  $20 \times 20$  ft. They are often used to provide light shade for *sireh* gardens. These trees are relatively shortlived and may become straggly when over three years old. They should then be removed and replanted. There are two varieties—one with white and the other with red flowers. The latter produces seed only in the north of Malaya.

*Uses.*—The young pods, leaves and flowers can all be cooked as a vegetable.

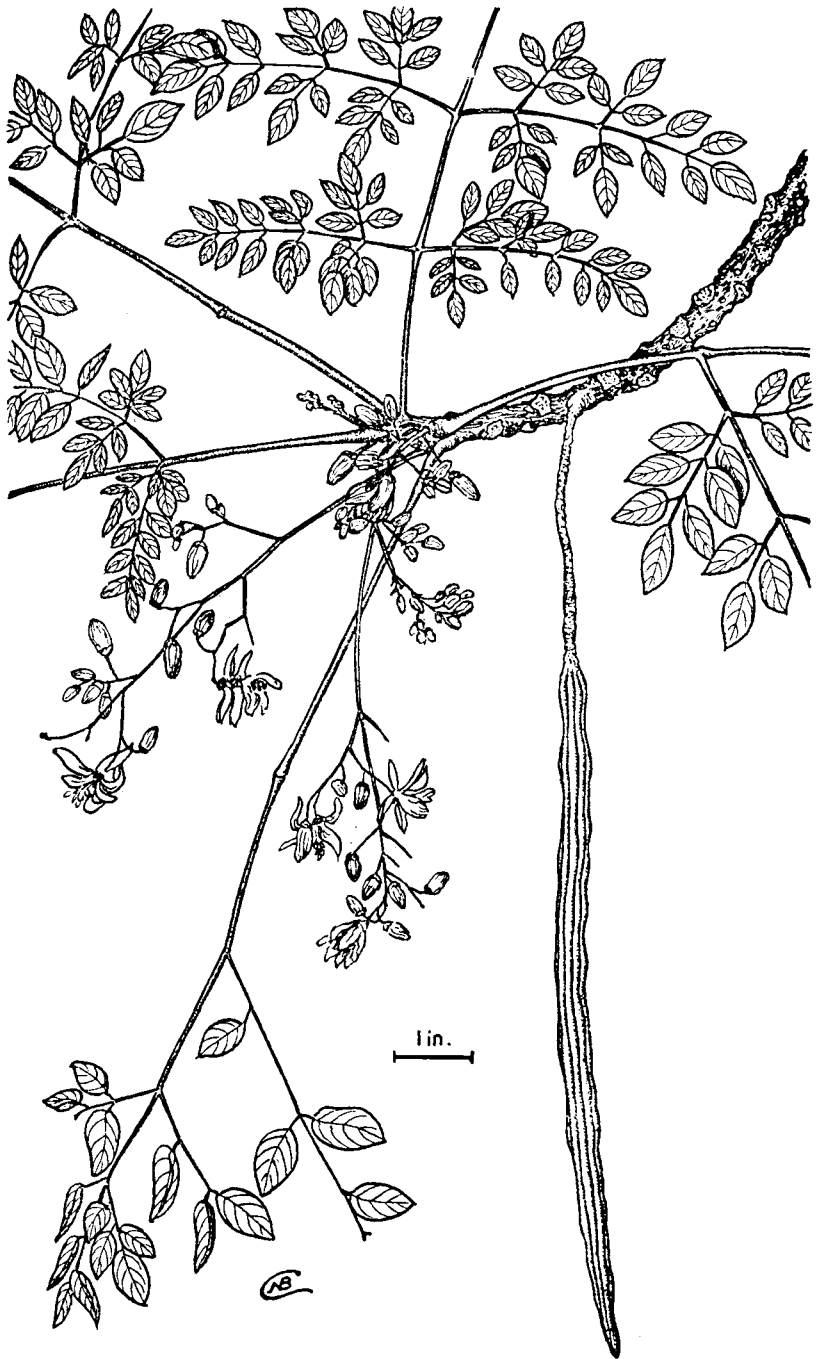
17. *Remayong (Ceylon spinach).*

*Cultivation.*—This valuable vegetable can be cultivated either from seed or cuttings. If the latter are used they should be rooted in boxes of sandy soil under shade.

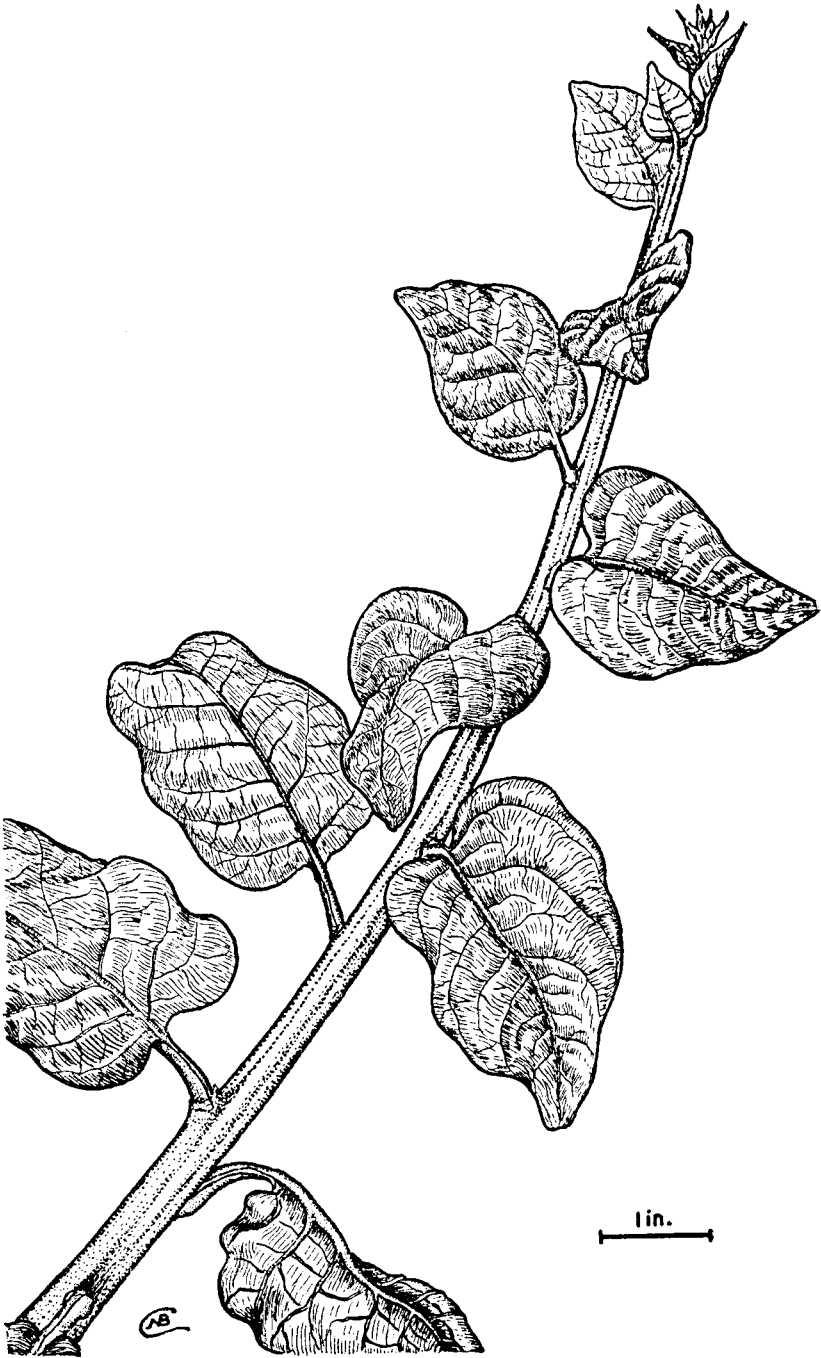


*Pina-pina*

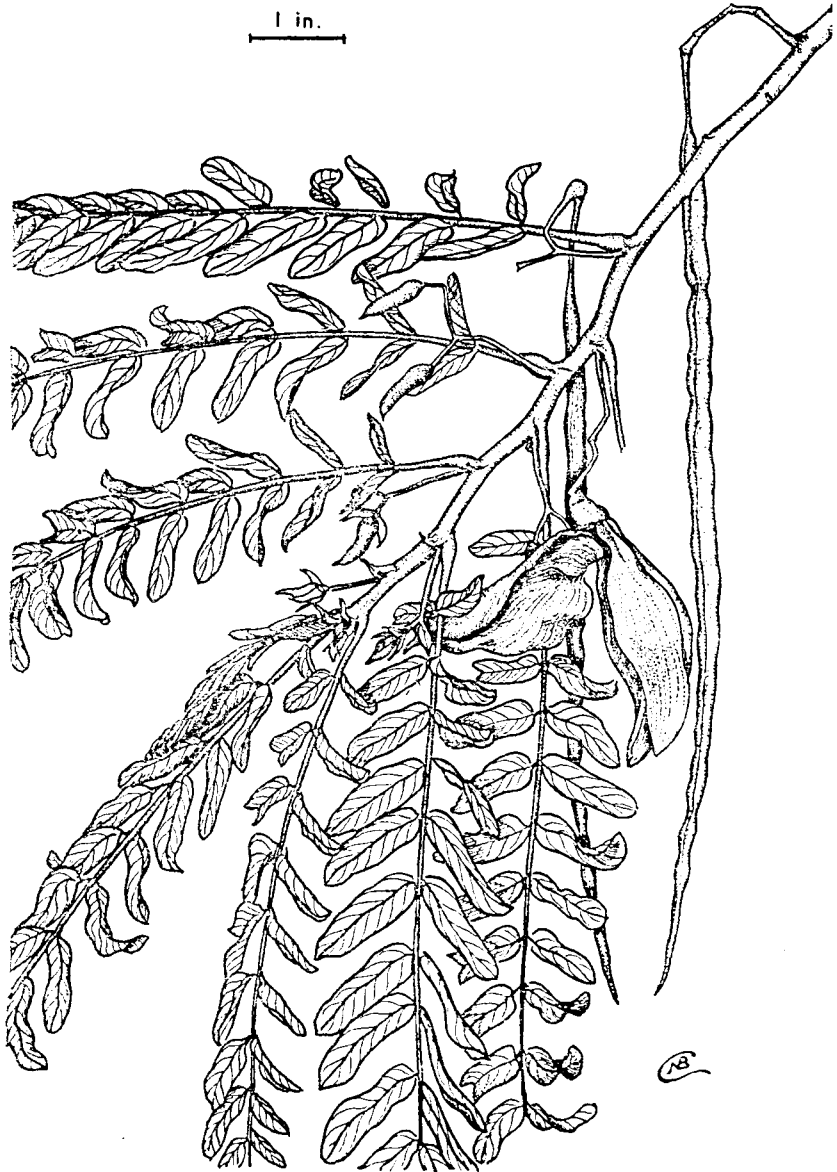




*Puchok Kelor (Horse-Radish Tree)*



*Remyong (Ceylon Spinach)*

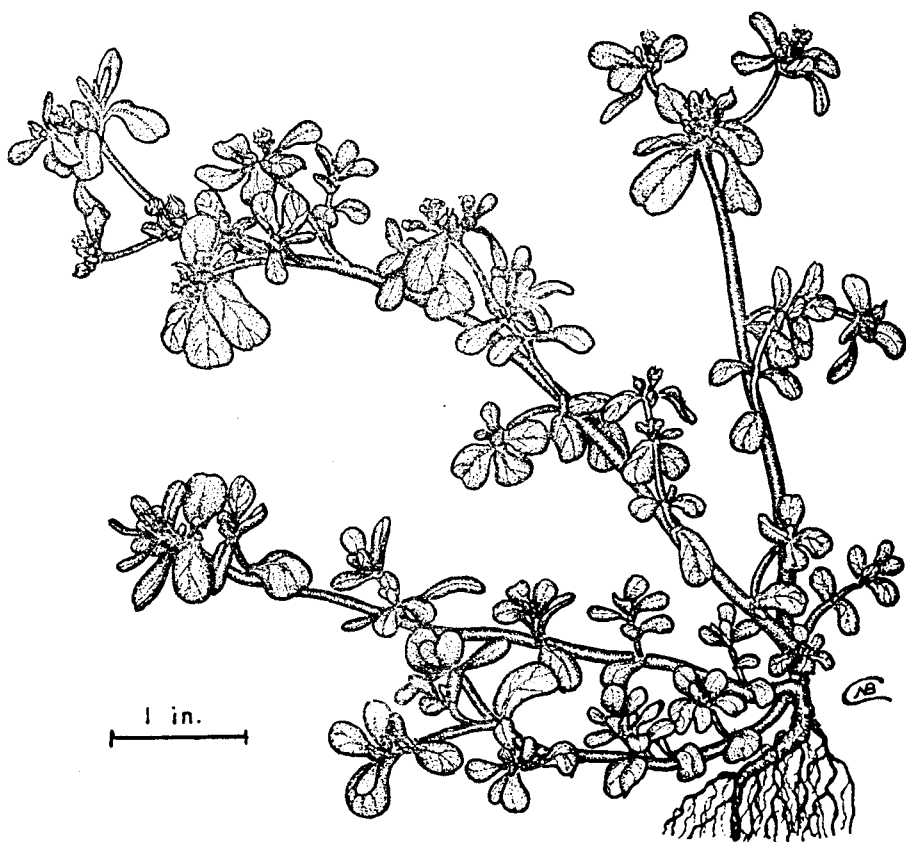


*Geti (Sesban)*

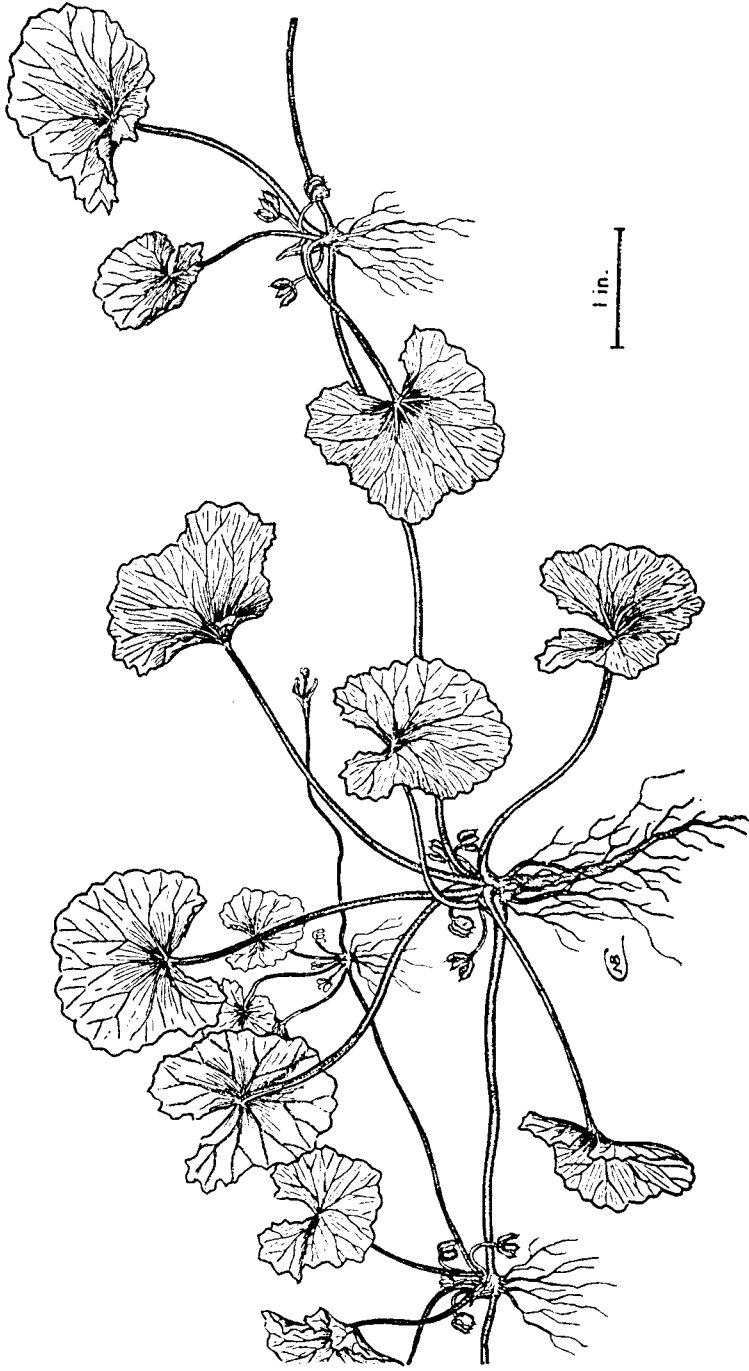
Seedlings or rooted cuttings should be transplanted at 18 × 18 in. into raised shady beds which have been heavily manured with well-rotted compost or cattle manure. They require regular watering in dry weather. Each plant should be staked and allowed to climb over a bamboo trellis built about 2 ft. above ground.

There are two varieties, one with red and the other with green leaves. A giant form of the latter is available from the Department of Agriculture.

*Uses.*—The young succulent leaves make an excellent vegetable which many people prefer to *bayam*.



*Gelang Pasir (Purslane)*



*Pegaga (Indian Pennywort)*

18. *Gelang pasir (purslane)*.—This is a succulent wild plant which is a common weed in heavily manured vegetable gardens or on old dung heaps. Dwarfed plants growing on poor soil are often red in colour.

*Uses*.—The leaves and shoots collected from young plants growing on fertile soil make quite a good vegetable when lightly cooked. Red-coloured plants which have grown on poor soil are less palatable.

19. *Pegaga (Indian pennywort)*.—This is a small creeping wild herb with rounded leaves. It is common in moist places alongside grassy paths.

*Uses*.—*Pegaga* leaves may be eaten raw as a salad or they can be lightly cooked by steaming or dipping in boiling water.

20. *Puchok kelor (horse-radish tree)*.

*Cultivation*.—This small tree can be grown easily from large woody cuttings which should be spaced 15 × 15 ft. apart. They require a well drained soil and do best when heavily manured.

Trees which have become old and straggly should be cut right back to 6 ft. and then manured with sulphate of ammonia or animal manure.

*Uses*.—The leaves and young fruits are eaten in curries after boiling. The fruit skin, which is tough, should be peeled off and discarded.

21. *Semangkok*.

*Cultivation*.—This ornamental plant with rounded leaves can be grown readily from cuttings and it is said to be a common vegetable in Java. It is best grown as a hedge in well manured soil with the plants spaced 3 ft. apart and kept pruned to a height of 3 to 4 ft.

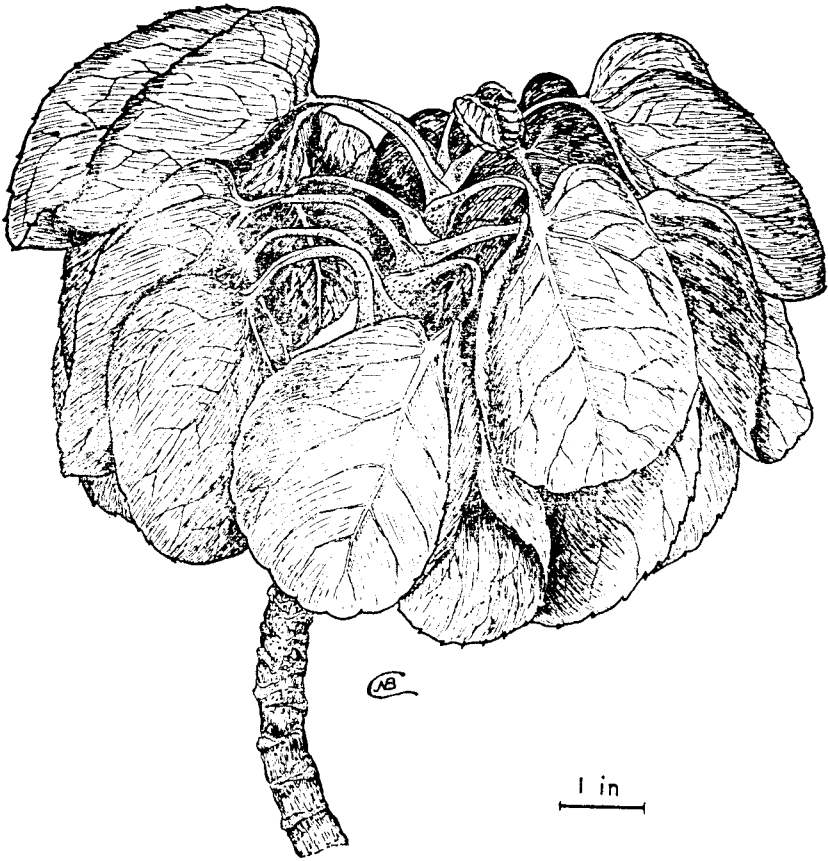
*Uses*.—The young leaves are eaten as a vegetable after boiling in water.

22. *Kesom*.—This is a small wild plant which is of widespread occurrence in wet places.

*Uses*.—The young shoots are collected and cooked in curries by Javanese.

23. *Puchok Paku*.—This wild fern is found commonly in swampy places on coastal clay and seems to thrive best in full sun. It may often be found close to drains or canals in padi areas.

*Uses*.—The young frond-tips are collected in bundles and make a most palatable and nutritious vegetable when boiled or steamed.



*Semangkok (Cup-leaved Panax)*

24. *Pak Choy (Chinese white cabbage).*

*Cultivation.*—This palatable vegetable is raised from imported seed which is sown in well manured nursery beds which are protected from heavy rain and sun. The young seedlings are planted out when 2 to 3 in. tall at a spacing of  $1 \times 1$  ft. They should be grown rapidly, without a check, with the help of heavy dressings of organic manure and frequent watering in dry weather.

Seed is usually obtainable from Chinese shops or in markets.

*Uses.*—The whole plants are lifted when about three months old and the roots trimmed off neatly. This is a well-known vegetable which is much appreciated by all races. It is usually cooked by lightly boiling in water.

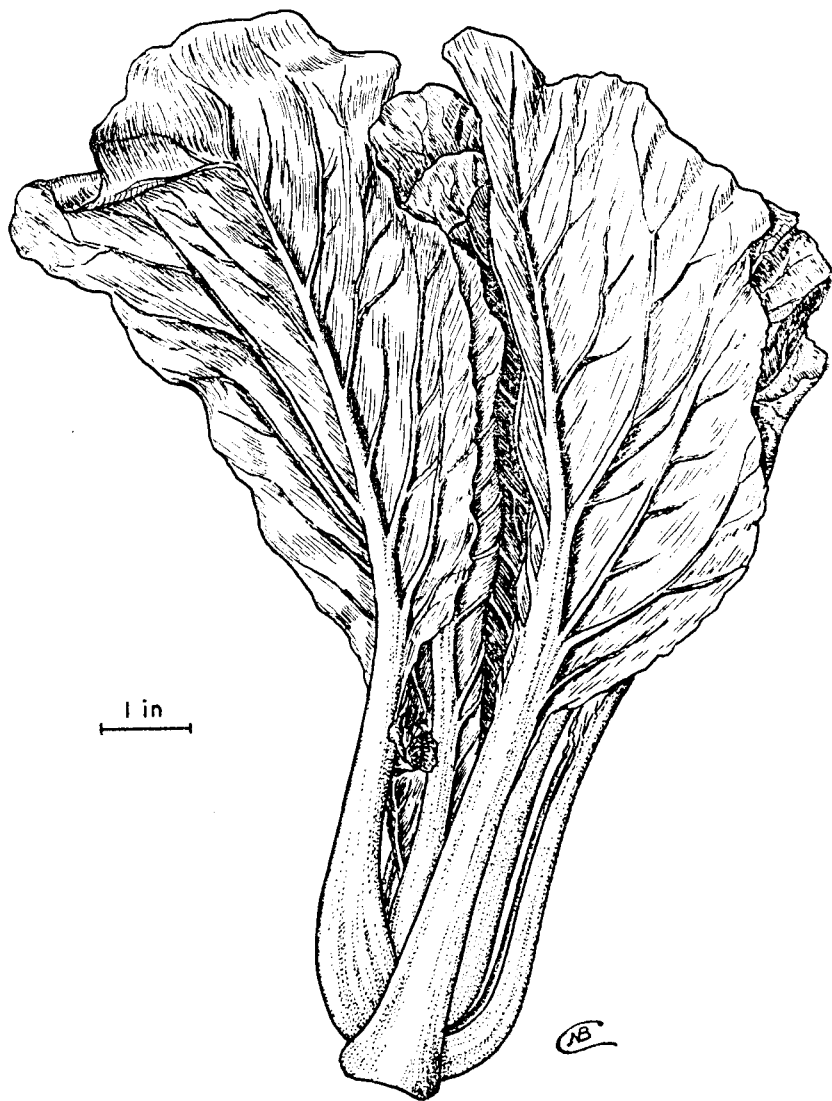


*Kesom (Polygonum)*

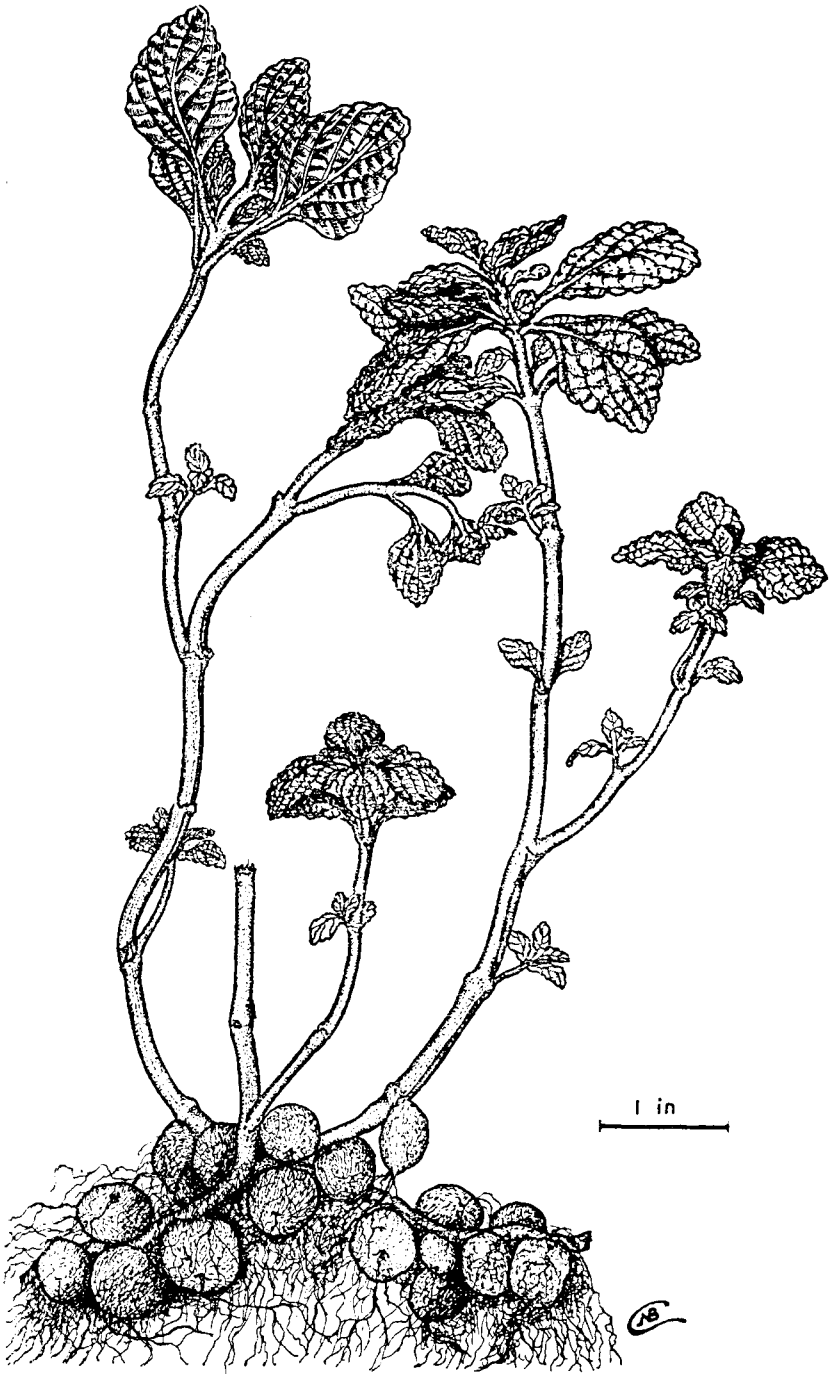




*Puchok Paku (Fern Shoot)*



*Pak Choy (Chinese White Cabbage)*



*Ubi Kemili*

## 25. *Ubi kemili*.

**Cultivation.**—Cuttings or sprouted tubers should be planted in well cultivated soil at a spacing of 12 × 18 in. Beds which have been heavily manured with cattle manure for the previous crop are ideal.

About two months after planting the plants should be earthed up so that the centre of each crown is covered with friable soil. Two to three months later the leaves will turn yellow and wither; this indicates maturity and the tubers should then be forked up. Planting should be timed so that harvest coincides with dry weather.

**Uses.**—The tubers are usually cooked by boiling in water. They may also be fried or cooked in *santan*.

### Manures and Manuring

For the home vegetable garden the best manure is well rotted compost or cattle manure which has been stored under cover. However, other animal and poultry manures give good results provided that they are not used fresh. A suitable application would be up to 25 pikuls (1½ tons) per square chain repeated annually. However, greatly increased yields will be obtained if these organic manures are supplemented with purchased fertilizers which contain:

- N — nitrogen
- P — phosphorus
- K — potassium

**Nitrogen.**—Leafy vegetables respond to a top dressing of 2 oz. per sq. yd. of *sulphate of ammonia* or half that amount of *urea*. If the latter is less than twice the price of the former then you should buy it.

**Phosphorus.**—The most convenient source is *Christmas Island rock phosphate* (C.I.R.P.) which can be bought for about \$5 to \$6 per 80 lb. paper bag. This should be applied mixed with organic manures before planting your vegetables. Two oz. per sq. yd. is a suitable dressing.

A good quality *bat guano* is another good source of phosphorous but its strength is variable. Use at least 4 oz. per sq. yd.

**Potash.**—This is required for *chabai*, groundnuts and fruit vegetables generally, especially when growing on sandy soil. However, you need not purchase any for a small garden as you can use fresh wood ashes or burnt padi husk (*abu sekam*) at 1-2 pikuls per square chain. These are best applied before planting and should be well mixed with the soil.

**NPK.**—You can buy excellent ready-mixed fertilizers for vegetable cultivation from reliable fertilizer firms. Ask your nearest Agricultural Officer to recommend a suitable shop. These are more convenient than separate fertilizers but they are slightly more expensive.

**Liquid Manure.**—To prepare a good liquid manure obtain an old oil drum and clean out all the oil with soap powder and water. Fill it with water and hang inside an old sack half filled with fresh animal or poultry manure. Allow it to soak for three or more days—and then remove the sack and use the manure in your garden.

The brown liquid left in the drum is your stock solution and you should add a little tuba-root water to prevent mosquitoes from breeding in it. Use about one pint of this solution in a two-gallon watering can and apply it frequently, especially to rapidly growing vegetables like *bayam*. For all leafy vegetables you can also add a pinch of sulphate of ammonia to each watering can.

### **Fence Your Vegetable Garden**

Often country people are discouraged from growing vegetables because wandering cattle, buffaloes and goats cause so much damage. Ideally your garden should be fenced with hardwood posts and wire-netting, reinforced with barbed wire. But perhaps you cannot afford this. Never mind! *Rotan tiada, akar pin jadi*. You can make quite a strong stock-proof fence by planting a double row of Mauritius pineapples, which are left unthinned, and inside that a bamboo hedge. The *pandan duri* can also be used.

### **How to Prepare and Cook Vegetables**

Valuable vitamins and minerals are lost or destroyed if vegetables are not eaten fresh or if they are overcooked in large quantities of water.

Pick your vegetables early in the morning when they are fresh and not wilted. They can be kept fresh in a covered bowl stored in a cool place.

When you are ready to prepare a meal wash your vegetables first and then cut them up. Never chop them up before washing.

When cooking vegetables use the minimum quantity of water, add salt and bring it to the boil *before* adding your vegetables. Do not cook for too long and keep the water boiling very vigorously. Green vegetables will then be more nutritious and more palatable and they will also retain their green colour.

Water in which vegetables have been cooked can be used for making soup so as to avoid loss of valuable nutrients.

Similar rules apply to frying or to cooking vegetables in *santan*. Cook them freshly for each meal and cook them rapidly.

## MALAYAN FOOD CROPS AND THEIR VITAMIN 'A' CONTENT

(Vitamin 'A' Protects the Eyes and Skin from Diseases)

### Dark Green Leafy Vegetables

		Vitamin A I.U./g.	
Chinese Cabbage Leaf	<i>Brassica chinensis</i>	Sayor Puteh	3,676
Spinach, green	<i>Amaranthus viridis</i>	Bayam Puteh	2,268
Spinach, red	<i>Amaranthus gangeticus</i>	Bayam Merah	2,835
Sweet Potato Tops	<i>Ipomoea batatas</i>	Daun Keledek	2,183
Tapioca Shoots	<i>Manihot utilissima</i>	Puchok Ubi-Kayu	3,530
Sweet Shoots	<i>Saurapus androgynus</i>	Chekor Manis	13,470
Sweet Shoots	<i>Colocasia esculenta</i>	Daun Keladi	4,026
Kangkong	<i>Ipomoea reptans</i>	Kangkong	3,970
..	<i>Alternanthera triandra</i>	Keremak	3,402
..	<i>Morinda citrifolia</i>	Mengkudu	4,536
..	<i>Hydrocotyle asiatica</i>	Pegaga	2,127
..	<i>Cosmos caudatus</i>	Ulam Raja	2,700
..	<i>Marsilia spp.</i>	Tapak Itek	2,300

### Light Green Leafy Vegetables

Cress	<i>Lepidium sativum</i>	Semangi	1,530
Lettuce	<i>Lactuca sativa</i>	Sayor Salad	1,750
Mustard Leaf	<i>Brassica juncea</i>	Sawi, Chye Sin	1,415
Ceylon Spinach	<i>Basela rubra</i>	Sayor Benggala	879
Chinese Kale	<i>Brassica alboglabra</i>	Kai Lan Choy	652

### Non-Leafy Vegetables

Belimbing	<i>Averrhoa belimbi</i>	Belimbing	540
Carrot	<i>Daricus carota</i>	Lobak Merah	3,686
Cucumber	<i>Cucumis sativus</i>	Timun	127
Gourd, bitter	<i>Momordica charantia</i>	Peria	76
Snake Gourd	<i>Trichosanthes anguina</i>	Ketola Ular	766
Tomato	<i>Lycopersicum esculentum</i>	Terong Belanda	481
Ladies Finger	<i>Hibiscus esculentus</i>	Bendi	76
Leek	<i>Allium odorum</i>	Sayor Bawang Puteh	198
Pumpkin	<i>Cucurbita maxima</i>	Labu Merah	76

### Root Vegetables

Potato, sweet (red)	<i>Ipomoea batatas</i>	Ubi Keledek Merah	1,134
Potato, sweet (white)	..	Ubi Keledek Puteh	---

## Nuts, Peas and Seeds

*Vitamin A*  
*I.U./oz.*

Drumsticks, fresh pod	<i>Moringa pterygospermia</i>	Kelot	37
Egyptian Kidney Bean	<i>Dolichos lablab</i>	Kachang Kara	153
Four Angled Bean	<i>Psophocarpus tetragonolobus</i>	Kachang Botor	255
String Beans	<i>Vigna sinensis</i>	Kachang Panjang	255
French Beans	<i>Pheaseolus vulgaris</i>	Kachang Bunchis	510

## Spices and Flavourings, Herbs, etc.

Gingelly Seed (Sesame)	<i>Sesamum indicum</i>	Bijan	30
Curry Leaf	<i>Murraya koenigii</i>	Karrupillay	2,835
Mint	<i>Mentha avensis</i>	Daun Pudina	766
---	<i>Piper sarmentosum</i>	Kadak	5,400
Sweet Basil	<i>Ocimum basilicum</i>	Kemangi	680
---	<i>Polygonum minus</i>	Kesom	14,740
Chinese Chives	<i>Allium odorum</i>	Bawang Kuchai	3,690
Spring Onion	<i>Allium fistulosum</i>	Daun Bawang	2,835
Chillies, dried	<i>Capsicum annum</i>	Chilli Kering	163
.. fresh green (with seeds)	<i>Capsicum annum</i>	Chilli Hijau	2,270
.. fresh red (with seeds)	<i>Capsicum annum</i>	Chilli Merah	130
.. fresh bird	<i>Capsicum annum</i>	.. Padi; C. Burong	652
Coriander Leaf	<i>Coriandrum sativum</i>	Daun Ketumba	3,560
Cumin Seeds, white	<i>Cuminum cyminum</i>	Jintan Puteh	247
Mustard Seeds	<i>Brassica juncea</i>	Biji Sawi	76

## Fruits

Banana	<i>Musa paradisiaca</i>	Pisang	99
Jack Fruit	<i>Artocarpus polyphemia</i>	Chempedak	255
Lime, small	<i>Citrus medica</i>	Limau Kesturi	113
Mango, ripe	<i>Mangifera indica</i>	Mangga Merah	1,360
..	..	Mangga Puteh	—
Oranges & Tangerines	<i>Citrus nobilis spp.</i>	Limau Manis	7
Papaya	<i>Carica papaya</i>	Papaya	573
Persimmon, fresh	<i>Diospyros kaki</i>	Buah Samba; kakke	120
Pineapple, fresh	<i>Ananas comosa</i>	Nanas	230
Sapodilla	<i>Archras sapote</i>	Chiku	76
Star Fruit	<i>Averrhoa carambola</i>	Carrambola	56
---	<i>Mangifera oederata</i>	Kwini	1,134

For further advice, apply to: —