PLANT FACT SHEET

Brassica campestris var. chinoleifera L.; DC.

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Flowering white cabbage, Choy sum

EDIBLE PARTS AND USES

Edible parts: Leaves

The plant is also the source of colza oil, which is used in cooking.

DESCRIPTION

A cabbage family herb.

Probably now Brassica rapa var. chinoleifera

HABITAT

It is a temperate plant.

NOTES

There are about 30 Brassica species and many cultivated varieties. Chemical composition (stem): Protein = 2.94%. Fat = 0.6%. Carbohydrate = 5.2%. Ash = 1.6%; (leaves): Protein = 1.2%. Fat = 3.9%. Carbohydrate = 1.9%. Ash = 0.9%. Both leaves and stems contain small quantities of Vitamin A, B1 , and D; moderate amounts of Vitamin B2, and reportedly rich in Vitamin C. The seeds have been analysed giving a 74.8 amino acid content, high in Histidine, Isoleucine, Leucine, Lysine, Methionine, and Valine.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7d558519-e649-4b58-b172-0486a112f037