

# LEAFY GREENS AND VEGETABLES OF CAMBODIA

*PRACTICAL WAYS OF GROWING LOCAL  
FOOD PLANTS AND DOING IT WELL*



FOOD PLANT SOLUTIONS  
ROTARY ACTION GROUP  
*Solutions to Malnutrition and Food Security*



A project of the Rotary Club of Devonport North and  
District 9830





# Leafy greens and vegetables in Cambodia



FOOD PLANT SOLUTIONS  
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Food Plant Solutions produces educational materials to enable people to understand the nutritional value of local food plants and increase awareness of highly nutritious plants that are adapted to the local environment. Some of these plants are under-utilised species and many are superior to imported foods and plants. Food Plant Solutions produces these materials because every minute of every day, five children under the age of five die from malnutrition.

We welcome and encourage your support.

**Food Plant Solutions** - A project of the Rotary Club of Devonport North & Rotary District 9830.

This booklet is based on information from the Food Plants International (FPI) database,  
developed by Tasmanian agricultural scientist Bruce French, AO.

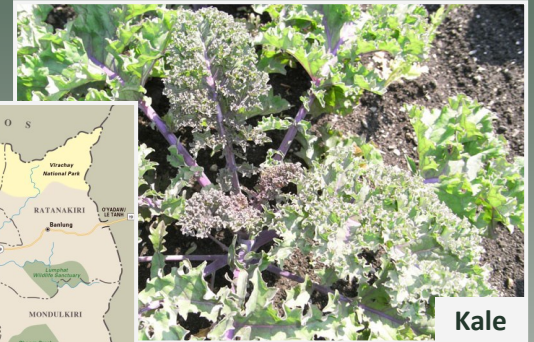
Version 1, Mar 2025 (English)



## Cambodia - country of beautiful leafy vegetables



## Indian spinach



## Kale



## Okra



## Kangkong

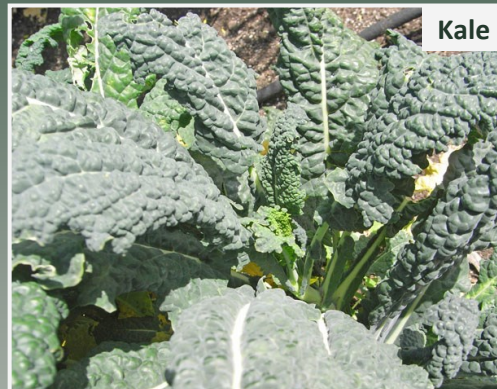


# Leafy greens - the health foods of the nation

Cat's whiskers



Kale



Sweet potato



Chinese amaranth



# Leafy greens of Cambodia

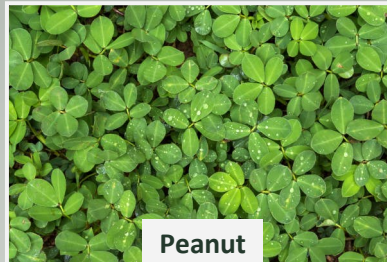


Moringa

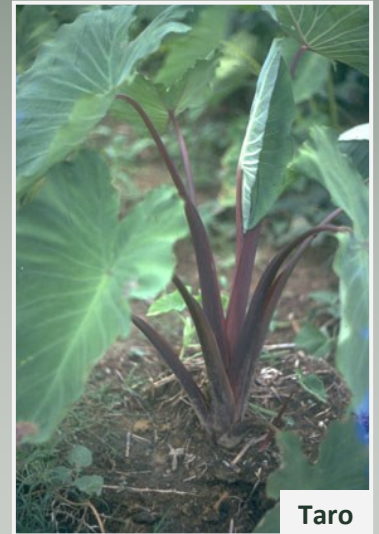
Dark green leaves should be eaten daily.  
They should be steamed, fried or boiled.



Amaranth greens



Peanut



Taro



# Edible leaves

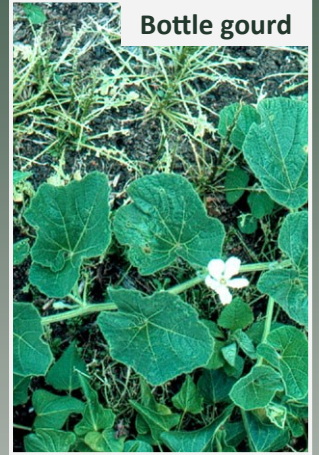
Okra



Taro



Bottle gourd



Pumpkin



Cassava





# Using leafy greens - collect and cook a mixture of leaves

Many edible leafy greens grow around houses and along roadsides.



Green leafy vegetables should be cooked.





# Healthy people eat leafy greens

- Many plants have edible leaves.
- Edible leaves are nutritious.
- Normally, all leaves should be cooked to kill bacteria.
- Everybody should eat a handful of dark green leaves every day to stay healthy.
- Some leafy greens can be grown as hedges, in swamps, and around houses to provide a regular daily supply of leafy vegetables.

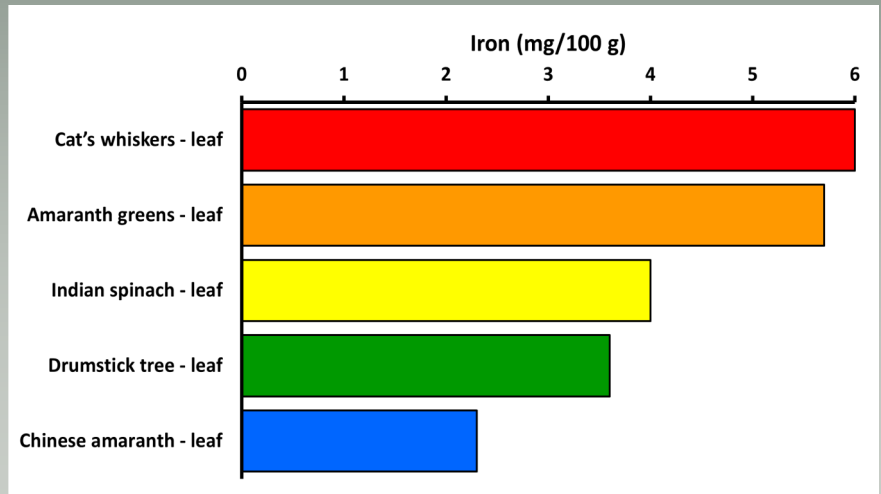


# Green leafy vegetables - Iron content

Iron is important, it is what makes our blood red.

Iron helps oxygen get to our lungs. This helps us to have energy to work.

When we are short of iron we are called anaemic. Iron is more available when Vitamin C is also present.





# Amaranth greens



**The leaves and young shoots  
are cooked before eating.**

*Amaranthus hybridus*





# Indian spinach

The leaves can be eaten raw or cooked,  
or can be dried and stored.

*Basella alba*





# Kale

The leaves are eaten cooked.

The unopened flower buds can be eaten  
like broccoli.

*Brassica oleracea* var. *acephala*





# Sweet potato leaf



*Ipomoea batatas*

**Ground cover or climbing plant.**

**Leaves are edible raw or cooked.**



# Kangkong

*Ipomoea aquatica*

Tips of young shoots can be eaten raw or cooked.





# Moringa

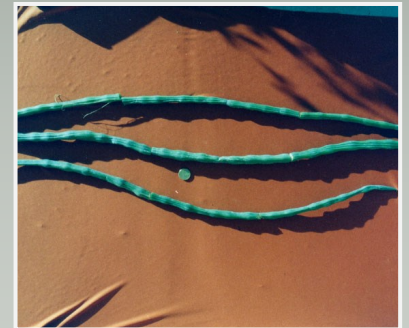


**A fast growing  
small tree**

*Moringa oleifera*



**The young tops and leaves are eaten cooked. They can  
be dried for later use.**





# Taro leaf

**A good quality delicacy.**



*Colocasia esculenta*





# Cat's whiskers

Leaves are cooked before eating to reduce bitterness.

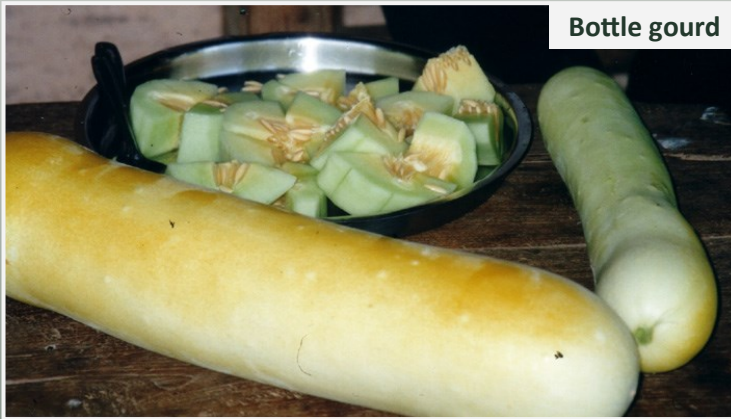
Flowers and young pods are eaten.

*Cleome gynandra*





# Vegetable foods of Cambodia



Bottle gourd



Okra





# Vegetables for variety and nutrition

Some vegetables and edible leaves should be planted near houses so they are easily available, even on wet days, or when people can't get to distant gardens.

As some vegetables only grow in certain seasons, you should plant a wide range to provide food all year.



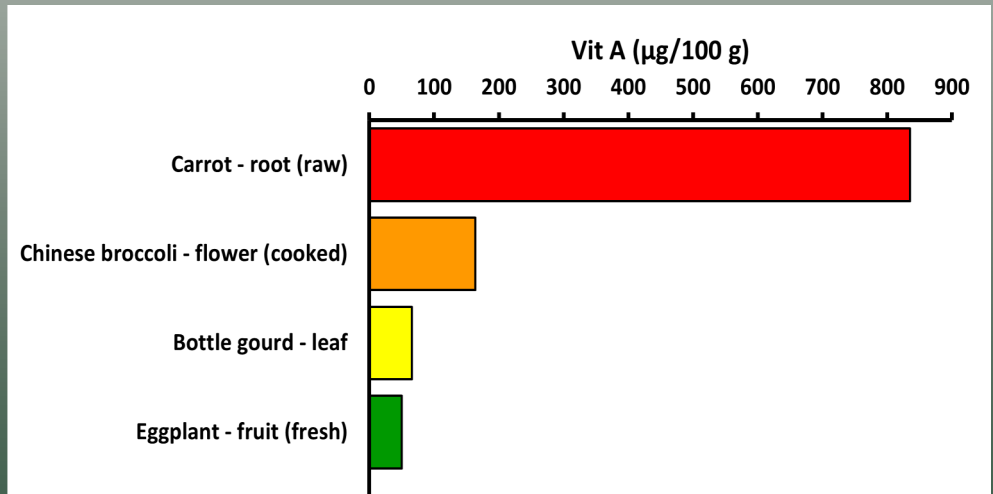


# Vitamin A value of vegetables

Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

People who are short of Vitamin A have trouble seeing at night.

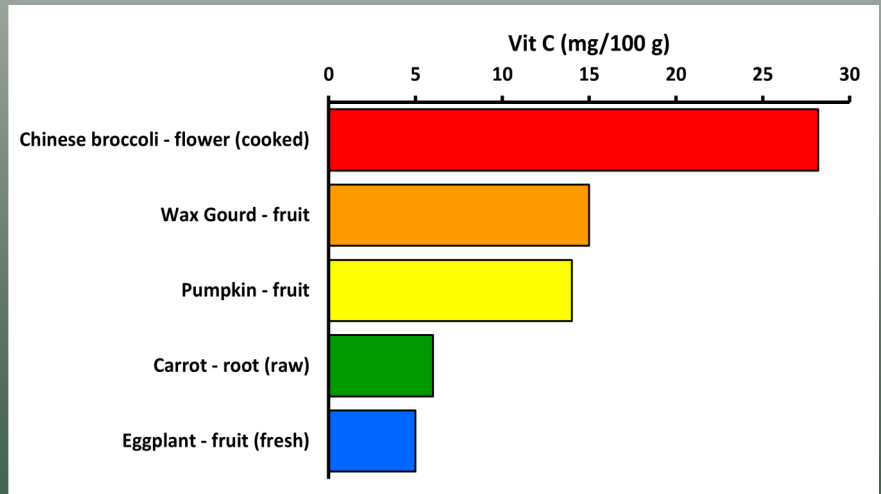
In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.





# Vitamin C value of vegetables

Vitamin C is important for helping us to avoid sickness.





# Vegetables - nutritious and tasty



**Bambara groundnut**



**Soybean**



**Pumpkin**



**Carrot**



# Chinese broccoli

The flower stalks, flower heads and buds, and tender leaves are all eaten.

*Brassica oleracea* var. *alboglabra*





# Eggplant



Fruit can be fried, baked, grilled, stuffed or stewed.

*Solanum melongena*





# Bambara groundnut

Immature seeds are eaten fresh or roasted.

Young pods and leaves are eaten.



*Vigna subterranea*





# Soybean



**Young pods and ripe seeds eaten.  
Seed can be dried and stored.**



*Glycine max*





# Wax gourd



Young fruit are used as a cooked vegetable in stir fries.

Leaves, flower buds and seeds are all eaten.



*Benincasa hispida*





# Pumpkin

Fruit are eaten cooked.

Seeds are eaten roasted.

*Cucurbita moschata*





# Bottle gourd



Young fruit can be boiled, steamed, fried or pickled.

Young tips and leaves can be eaten.



*Lagenaria siceraria*



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**Review, layout and formatting - Lyndie Kite, John McPhee**

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## Image acknowledgements

Most images used in this publication are from the Food Plants International database ([Welcome - Food Plants International](https://www.foodplantsinternational.com/)).

Acknowledgement is given for images of the following plants sourced from the internet.

Scientific name	Common name	Image URL
<i>Amaranthus hybridus</i>	Amaranth greens	<a href="https://www.preservons-la-nature.fr/flore/images/59/_DSC9724_1600.jpg">https://www.preservons-la-nature.fr/flore/images/59/_DSC9724_1600.jpg</a>
<i>Arachis hypogaea</i>	Peanut	<a href="https://media.istockphoto.com/id/865700520/photo/background-texture-green-foilage-with-dew-water-drops.jpg?s=612x612&amp;w=0&amp;k=20&amp;c=ocr5gpv-8W0lxqLfkly7-ebvv0bY09qcWBH2lhcACU=">https://media.istockphoto.com/id/865700520/photo/background-texture-green-foilage-with-dew-water-drops.jpg?s=612x612&amp;w=0&amp;k=20&amp;c=ocr5gpv-8W0lxqLfkly7-ebvv0bY09qcWBH2lhcACU=</a>
<i>Basella alba</i>	Indian spinach	<a href="https://th.bing.com/th/id/OIP.bMv8tv-pvsX04sPX3uzv9wHaHH?w=206&amp;h=199&amp;c=7&amp;r=0&amp;o=5&amp;dpr=1.5&amp;pid=1.7">https://th.bing.com/th/id/OIP.bMv8tv-pvsX04sPX3uzv9wHaHH?w=206&amp;h=199&amp;c=7&amp;r=0&amp;o=5&amp;dpr=1.5&amp;pid=1.7</a>
<i>Brassica oleracea</i> var. <i>alboglabra</i>	Chinese broccoli	<a href="http://thedahliafarm.blogspot.com.au/2010/06/gai-lohn-or-chinese-broccoli-or-chinese.html">http://thedahliafarm.blogspot.com.au/2010/06/gai-lohn-or-chinese-broccoli-or-chinese.html</a>
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<i>Cleome gynandra</i>	Cat's whiskers Cat's whiskers	<a href="https://www.cabidigitallibrary.org/cms/10.1079/cabicompendum.119802/asset/dd29cd95-7b8e-458a-82d2-aede8b8aae9b/assets/graphic/118920_05.jpg">https://www.cabidigitallibrary.org/cms/10.1079/cabicompendum.119802/asset/dd29cd95-7b8e-458a-82d2-aede8b8aae9b/assets/graphic/118920_05.jpg</a> <a href="https://chalk.richmond.edu/flora-kaxil-kiuic/c/cleome_gynandra_01w.JPG">https://chalk.richmond.edu/flora-kaxil-kiuic/c/cleome_gynandra_01w.JPG</a>
<i>Colocasia esculenta</i>	Taro	<a href="https://www.feedipedia.org/sites/default/files/images/taro_leaves.jpg">https://www.feedipedia.org/sites/default/files/images/taro_leaves.jpg</a>
<i>Daucus carota</i> subsp. <i>sativus</i>	carrot	<a href="https://images.pexels.com/photos/1306559/pexels-photo-1306559.jpeg?auto=compress&amp;cs=tinsr&amp;w=600">https://images.pexels.com/photos/1306559/pexels-photo-1306559.jpeg?auto=compress&amp;cs=tinsr&amp;w=600</a>
<i>Glycine max</i>	Soybean	<a href="https://th.bing.com/th/id/OIP.XYWfs4mpYxjDYB567ME4wHaE?pid=ImgDet&amp;w=139&amp;h=93.75260416666667&amp;c=7&amp;dpr=1.5">https://th.bing.com/th/id/OIP.XYWfs4mpYxjDYB567ME4wHaE?pid=ImgDet&amp;w=139&amp;h=93.75260416666667&amp;c=7&amp;dpr=1.5</a> Howard F Schwartz, Colorado State University, Bugwood.org.
<i>Vigna subterranea</i>	Bambara groundnut	<a href="https://th.bing.com/th/id/OIP.bGfFall_I7Pza33Z_P2VfwHaE5?w=279&amp;h=185&amp;c=7&amp;r=0&amp;o=5&amp;dpr=1.5&amp;pid=1.7">https://th.bing.com/th/id/OIP.bGfFall_I7Pza33Z_P2VfwHaE5?w=279&amp;h=185&amp;c=7&amp;r=0&amp;o=5&amp;dpr=1.5&amp;pid=1.7</a>
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		<a href="http://www.westafricanplants.senckenberg.de/images/pictures/voandzeia_subterranea_westlich_sindou_6_2165_aee28.jpg">http://www.westafricanplants.senckenberg.de/images/pictures/voandzeia_subterranea_westlich_sindou_6_2165_aee28.jpg</a>





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