

# Edible leaves in Vietnam

- ☛ Some are used as vegetables
- ☛ Some for flavouring
- ☛ Some are used to make tea drinks
- ☛ They are added to soups and stews
- ☛ Usually it is the young leaves that are used
- ☛ Often a mixture of leaves are eaten together
- ☛ Normally cook all leaves to remove bacteria and destroy poisons like cyanide



# Cautions with unfamiliar plants

- ☞ Make sure you have the correct plant
- ☞ Make sure you prepare it properly
- ☞ Often varieties with less oxalates or other toxins need to be selected
- ☞ Rely on an older experienced local person on how to use the food
- ☞ Cooking or drying are often used to removed poisons
- ☞ Most herbs and spices would be poisonous in large amounts



# Problems with photos and names

- Photos come from sources such as Botanical Gardens and Herbaria and may not be correct
- Scientific names come from [www.theplantlist.org](http://www.theplantlist.org)
- Local Vietnamese names for the plant come from [www.plantnames.unimelb.edu.au](http://www.plantnames.unimelb.edu.au) and also from Tanaka, Y & Van Ke, N, 2007, Edible Plants of Vietnam. Orchid Press
- These plants occur in Vietnam and the leaves have been recorded as used in the Asia/Pacific



# Warning

## ☞ Important Disclaimer

- ☞ Although great care has been taken to be as accurate as possible, neither the compiler nor the organization makes any expressed or implied representation as to the accuracy of the information contained in this presentation and cannot be held legally responsible or accept liability for any errors or omissions. Neither the compiler nor the organization can be held responsible from claims arising from the mistaken identity of plants or their inappropriate use. The compiler and the organization do not assume responsibility for any sickness, death or any other harmful effects resulting from eating or using any plant described in this database. Always be sure you have the correct plant and proper preparation by consulting specialist scientists or local users of the plants. This comes from the Food Plants International database that is a work in progress and is regularly being amended.



Búp bắp , Đậu bắp



*Abelmoschus esculentus*



*Abelmoschus manihot*



*Abelmoschus moschatus*

Búp vàng

Sam ohu-yen, Sam bo-chinh



*Abelmoschus moschatus*  
subsp. *tuberosus*

Keo dep



*Acacia cocinna*

Keo thom



*Acacia farnesiana*



*Acalypha hispida*



*Acalypha indica*



*Acalypha siamensis*





*Acalypha wilkesiana*



Co xuoc, Co di

*Achyranthes aspera*



*Acorus calamus*



Rang dai

*Acrostichum aureum*



Rang dai thanh

*Acrostichum speciosum*



*Actinidea deliciosa*



Bao báp Grandidier

*Adansonia grandidieri*



Cây gió, Kiền kiện

*Adenanthera pavonina*



Toc venu, Rang trac

*Adiantum capillus-veneris*



*Aegiceras corniculatum*



Bau nau, Tráimam

*Aegle marmelos*



*Aerva lanata*



Go do, Go ca-te

*Afzelia xylocarpa*



*Aganosma marginata*



*Agastache rugosa*



Cay bu xich

*Ageratum conyzoides*



*Aglai odorata*



Hợp hoan

*Albizia julibrissin*



Muồng xanh; Sóng rấn dài



*Albizia procera*

Cây mưa, Công, Me tây



*Albizia saman*



*Alisma plantago-aquatica*

Poa-rô hành, Tỏi tây



*Allium porrum*

Hành củ , Hành ta



*Allium ascalonicum*



*Allium cepa* var. *aggregatum*

Hành lá



*Allium fistulosum*

Tỏi



*Allium sativum*

Hẹ bông



*Allium tuberosum*





Chin nu vu

*Alocasia cucullata*



Hải vu, Ráy

*Alocasia macrorrhizos*



Bạc hà

*Alocasia odora*



Riềng ảm, Riềng nếp

*Alpinia galanga*



Riềng, Riềng thuốc

*Alpinia officinarum*



*Alpinia zerumbet*



*Alstonia scholaris*



Rau dền

*Alternanthera sessilis*



Dền đuôi ngắn

*Amaranthus caudatus*





Dền đuôi chồn

*Amaranthus hybridus*



Đen tram

*Amaranthus retroflexus*



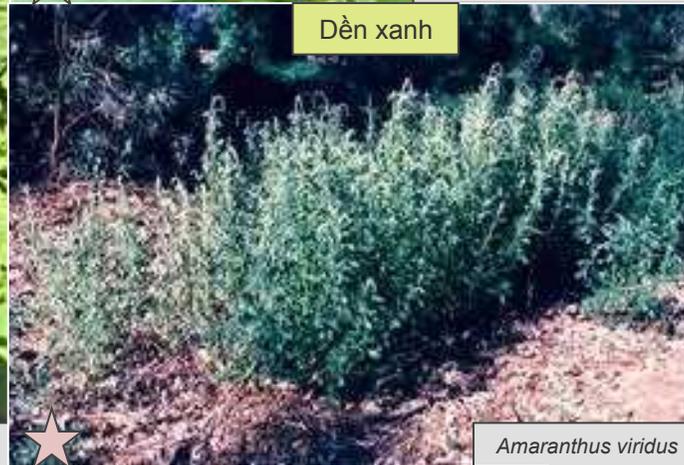
Dền gai

*Amaranthus spinosus*



Dền canh, Dền tía

*Amaranthus tricolor*



Dền xanh

*Amaranthus viridis*



*Amomum villosum*



Nua chuông, Khoai nua

*Amorphophallus paenifolius*



Cây điều, Đào lộn hột, Điều

*Anacardium occidentale*



*Anaphalis margaritacea*



Edible leaves in Vietnam



*Andrographis paniculata*



Thìa là, Thì là

*Anethum graveolens*



Mang câm xiêm, Mang cầu xiê

*Annona muricata*



*Antidesma bunius*



Chòi mòi, Chóp mòi, Chua mòi

*Antidesma ghaesembilla*



*Arctium lappa*



Comngoui rang, Trong-dua

*Ardisia crenata*



*Ardisia humilis*



Ca dai hoa vang

*Argemone mexicana*



Cây ngải, Ngải cứu, Thuốc cứu



*Artemisia vulgaris*



*Artocarpus atilis*



Mít

*Artocarpus heterophyllus*



*Artocarpus lacucha*



Măng tây

*Asparagus officinalis*



Rang O-phung

*Asplenium nidus*



*Asystasia gangetica*



*Atriplex hortensis*



Khế chua, Khế thái lan, Quả khế

*Averrhoa carambola*

Dầu da đất, Giau gia dat, Giau tien



*Baccaurea ramiflora*

Rau đấng biển



*Bacopa monnieri*



*Baliospermum montanum*



*Barbarea verna*



Lộc vừng, Chiếu đỏ, Lộc vừng hoa trắng



*Barringtonia acutangula*



Mồng toi



*Basella alba*



Mong-bo don-hung



*Bauhinia monandra*

Mong-bo do



*Bauhinia purpurea*

Mong-bo vang



*Bauhinia tomentosa*





Mong-bo ngon

*Bauhinia variegata*



Bí đao, Cây bí đao

*Benincasa hispida*



*Berchemia floribunda*



Caiduong, Cu den

*Beta vulgaris*



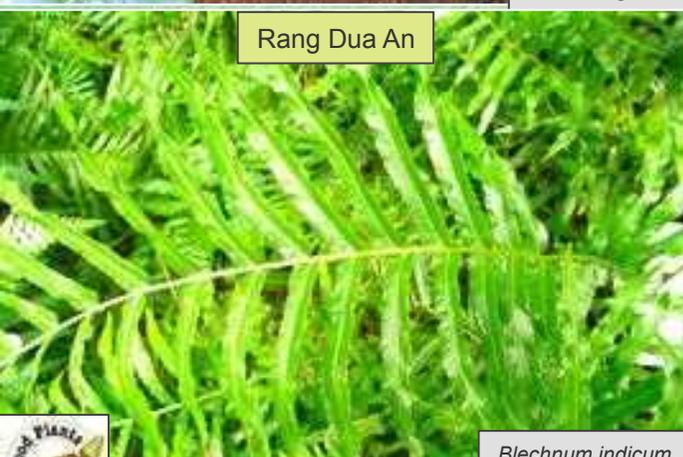
Don buot, Don kim, Song nha long

*Bidens pilosa*



Nhoi

*Bischofia javanica*



Rang Dua An

*Blechnum indicum*



Rang Dua dong

*Blechnum orientale*



*Blumea balsamifera*



Cai troi, Cai ma



*Blumea lacera*



Gai, Gai tuyet



*Boehmeria nivea*



Bong nga truat, Cu ngai, Ngai num kho



*Boesenbergia rotunda*



*Bombax ceiba*



*Brassica juncea*



*Brassica rapa*  
subsp. *chinensis*



Duong



*Broussonetia papyrifera*



*Bruquiera gymnorrhiza*



*Bryophyllum pinnatum*





Chan mot-hot

*Butea monosperma*

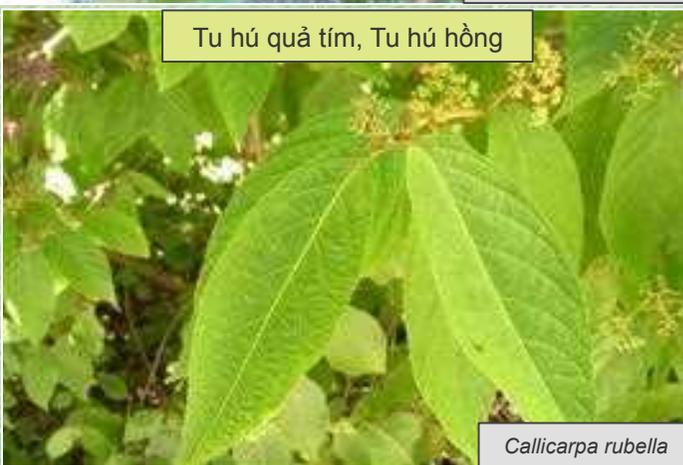


Cay dau chieu, Dau thong

*Cajanus cajan*



*Calathea lutea*



Tu hú quả tím, Tu hú hồng

*Callicarpa rubella*



*Camellia japonica*



*Camellia kissi*



*Camellia sasanqua*



*Camellia sinensis*



Dau tac

*Canavalia ensiformis*





Dau rua

*Canavalia gladiata*



Dia me thai

*Capsella bursa-pastoris*



*Capsicum annuum*



Ớt

*Capsicum frutescens*



*Cardamine hirsuta*



Đu đủ

*Carica papaya*



Cây muồng trâu, Muồng trâu

*Senna alata*



Bông gòn

*Ceiba pentandra*



*Celosia argentea*





Cây rau má, Rau má

*Centella asiatica*



Cần trôi, Rang gac nai

*Ceratopteris thalictroides*



*Cerbera manghas*



*Chaetocarpus castanocarpus*



Cat loi, Mia do, Dot dang

*Cheilocostus speciosus*



*Chenopodium album*



*Choerospondias axillaris*



Rang Cattu, Kinmao, Cautich

*Cibotium barometz*

Edible leaves in Vietnam



*Cicer arietinum*





Quế rành, Quế trên

*Cinnamomum burmannii*



Longnào

*Cinnamomum camphora*



Re hương, Que rung

*Cinnamomum iners*



Cây quế, Nhục quế, Quế Sri Lanka

*Cinnamomum verum*



*Cipadessa baccifera*



Dây môi

*Cissampelos pareira*



*Cissus javana*



*Cissus quadrangularis*



Dưa hấu

*Citrullus lanatus*

Edible leaves in Vietnam





Chanh ta

*Citrus aurantifolia*



Chanh Kaffir, Chanh sác

*Citrus hystrix*



Bưởi, Bưởi chùm Thái Lan

*Citrus maxima*



Hoàng bì, Hồng bì, Quất hồng bì

*Clausena anisata*



*Clausena lansium*



Man man trang

*Cleome gynandra*



*Clerodendrum japonicum*



*Clerodendrum paniculatum*



*Clinacanthus nutans*





*Clitoria ternatea*



Cà phê arabica

*Coffea arabica*



Khoai môn, Khoai nước

*Colocasia esculenta*



*Colocasia gigantea*



*Combretum indicum*



Rau đay

*Corchorus olitorius*



*Cordia dichotoma*



Cây rau mùi, Rau mùi

*Coriandrum sativum*



Rau tau bay

*Crassocephalum crepidioides*





Bun

*Crateva religiosa*



*Crescentia cujete*



*Crinum asiaticum*



Cây muồng, Lục lạc sợi, Muồng sợi

*Crotalaria juncea*



*Cucurbita moschata*



Khuong hoàng, Nghe, Uất kim

*Curcuma longa*



Bông trấu, Ngái tím, Nga trấu, Tam nai

*Curcuma zedoaria*



Rang Chuquan giandoan

*Cyclosorus interruptus*



Sà

*Cymbopogon citratus*





*Cyrtosperma merkusii*



Co khet

*Dalbergia hupeana*



*Debregeasia longifolia*



*Delonix regia*



Long nhan

*Dimocarpus longan*



*Diospyros kaki*



Rau don, Rang song quan

*Diplazium esculentum*



Chi sáu, Sáu

*Dracontomelon dao*



*Dregia volubilis*





*Duchesnea indica*



Sau-rieng

*Durio zibethinus*



Tiểu đậu khấu

*Elettaria cardamomum*



*Eleutherococcus trifoliatus*



Cây ngò tàu, Mùi tàu, Mùi tàu, Ngò gai

*Eryngium foetidum*



Cây lá vông, Vông nem

*Erythrina variegata*



*Eugenia uniflora*



*Euonymus japonicus*



*Fagopyrum dibotrys*





Mach ba-goc

*Fagopyrum esculentum*



Cây vả, Vả

*Ficus auriculata*



Cây sanh, Sanh

*Ficus benjamina*



Ngái

*Ficus hispida*



Cây sung, Sung

*Ficus racemosa*



*Ficus rumphii*



*Ficus superba*



*Ficus tinctoria*



*Ficus variegata*





*Ficus vasculosa*



*Ficus virens*



Hongquan, Muonquan

*Flacourtia jangomas*



Hongquan, Muonquan

*Flacourtia rukam*



*Floscapa scandens*



*Foeniculum vulgare*



*Fragaria chiloensis*



*Fragaria vesca*



Độc, Tai chua

*Garcinia cowa*





*Glebionis coronaria*



Cam thảo

*Glycyrrhiza glabra*



Bét, Gâm cây

*Gnetum gnemon*



Bachnhat, No-ngay

*Gomphrena globosa*



Bong-vai

*Gossypium barbadense*



*Graptophyllum pictum*



Giam la-ta

*Grewia retusifolia*



*Gymnema inodorum*



Rang Trung-gie

*Helminthostachys zeylanica*





*Hemerocallis fulva*



*Heritiera littoralis*



*Heteropanax fragrans*



*Hibiscus cannabinus*



Phudung

*Hibiscus mutabilis*



Bup

*Hibiscus rosa-sinensis*



Bup giam

*Hibiscus sabdariffa*



Bup hongcan

*Hibiscus syriacus*



Bup tra, Tra lam cheo

*Hibiscus tiliaceus*





Mon thuc

*Homalomena occulta*



Diếp cá, Giấp cá, Ngư tinh thảo

*Houttuynia cordata*



*Hydrilla verticillata*



*Hyptianthera stricta*



*Hyptis suaveolens*



Go nuoc

*Intsia bijuga*



Múống, Rau múống, Rau múống đỏ

*Ipomoea aquatica*



Khoai lang, Khoai mon

*Ipomoea batatas*



Caution

*Jatropha curcas*





*Jatropha multifida*



*Justicia gendarussa*



Dia lien

*Kaempferia galanga*



*Kaempferia rotunda*



*Kleinhovia hospita*



Dầu van

*Lalab purpureus*



Rau bao, Bo cong anh nui

*Lactuca indica*



Salát

*Lactuca sativa*



Bâu

*Lagenaria siceraria*



Bang lang Nam bo



*Lagerstroemia cochinchinensis*



*Lagerstroemia macrocarpa*



Bằng lăng , Bằng lăng nước, Bằng lăng tiên

*Lagerstroemia speciosa*



*Lantana camara*



*Laportea interrupta*



Chóc gai, Cừa, Móp, Ráy gai

*Lasia spinosa*



Lá nguyệt quế

*Laurus nobilis*



*Leea indica*



*Leea rubra*



Cây kén kén, Nhãn dê, Nhãn rừng



*Lepisanthes rubiginosa*



*Lespedeza cuneata*

Bochet, Popinac blan



*Leucaena leucocephala*



*Limnocharis flava*



*Limnophila indica*

Cân hàng



*Limonia acidissima*



*Liquidamber formosana*

Rau dua nước, Rau dua trau



*Ludwigia adscendens*



Murop kai, Murop khia



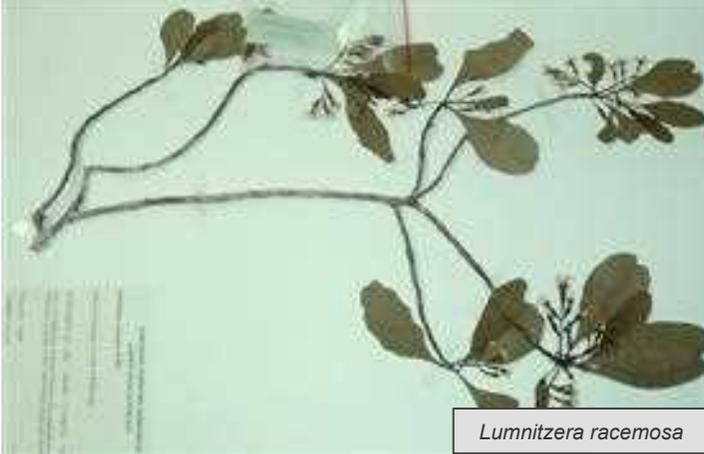
*Luffa acutangula*



Murop huong,



*Luffa cylindrica*



*Lumnitzera racemosa*



*Lycium chinense*



*Lygodium microphyllum*



*Lysimachia clethroides*



*Macaranga tanarius*



*Maclura cochinchinensis*

Don nem



*Maesa perlaria*

Xoài



*Mangifera indica*





Bột năng (flour), Bột sắn

*Manihot esculenta*



Hồng xiêm, Hong xuan dinh, Xabôchê

*Manilkara zapota*



Rau bô, Co bô

*Marsilea quadrifolia*



*Medicago polymorpha*



*Medicago sativa*



*Melaleuca argentea*



*Melaleuca leucadendra*



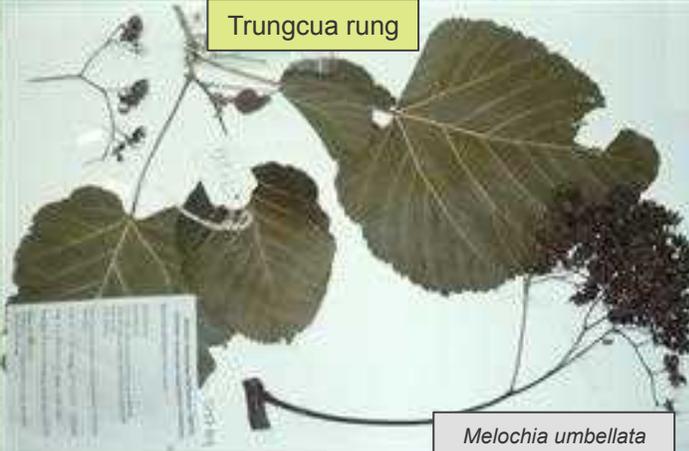
*Melastoma malabathricum*



Cây xoan, Sả đông

*Melia azederach*





Trungcua rung

*Melochia umbellata*



*Memecylon caeruleum*



*Memecylon edule*



Rau thơm, Hung lui

*Mentha aquatica*



*Mentha canadensis*



Bạc hà

*Mentha piperita*



Vấp, Vấp, Vếp

*Mesua ferrea*



Rang Vilan to

*Microlepia speluncae*



Rang Viquan dom

*Microsorium punctatum*



Bongphan

*Mirabilis jalapa*



La khoqua, Kho qua rung

*Momordica charantia*



Da goc,

*Momordica cochinchinensis*



*Monochoria vaginalis*



Cây nhàu, Trái nhàu

*Morinda citrifolia*



Chùm ngây

*Moringa oleifera*



Dâu-tằm

*Morus alba*



Đậu mèo, Đậu mèo lông

*Mucuna pruriens*



*Muntingia calabura*

Edible leaves in Vietnam





*Murraya paniculata*



Xà lách xoong

*Nasturtium officinale*



Sen

*Nelumbo nucifera*



Rang Thanlan hai-thu-rang

*Nephrolepis biserrata*



Rang Cot-can, Thanlan la-thim

*Nephrolepis cordifolia*

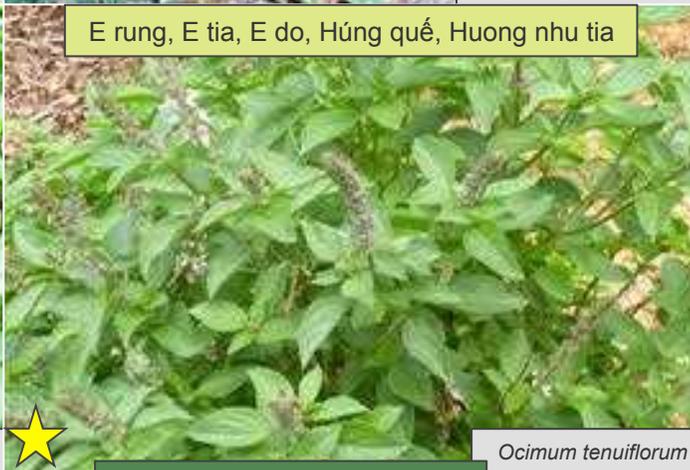


*Neptunia oleracea*



Rau é què, Rau é tia

*Ocimum basilicum*



E rung, E tia, E do, Húng quế, Hương nhu tia

*Ocimum tenuiflorum*



Rau cần, Can ong

*Oenanthe javanica*

Edible leaves in Vietnam



*Pachira insignis*



Dứa thom

*Pandanus amaryllifolius*



*Pandanus odorifer*



Dứa trô, Dứa gỗ

*Pandanus tectorius*



*Parabaena sagittata*



*Passiflora edulis*



Nhan long, Lac tien

*Passiflora foetida*



Cang cua

*Peperomia pellucida*



Dieplong la-to

*Pereskia aculeata*





Dieplong

*Pereskia bleo*



Lá tía tô, Rau tía tô, Tía tô

*Perilla frutescens*



Nghe Trungquoc

*Persicaria chinensis*



Ram nuoc

*Persicaria hydropiper*



Rau ram

*Persicaria odorata*



Rau mùi tây

*Petroselinum crispum*



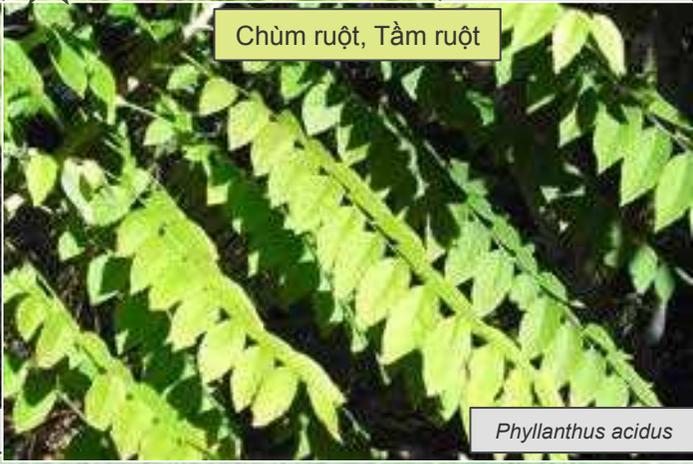
Dau son

*Phaseolus coccineus*



Dau-ve

*Phaseolus vulgaris*



Chùm ruột, Tầm ruột

*Phyllanthus acidus*



Me rừng, Me mận, Chùm ruột núi, Mắc kham



*Phyllanthus emblica*

Chó đẻ răng cưa, Cam kiểem, Rút đất, Diệp hạ châu



*Phyllanthus urinaria*

Thongluc my



*Phytolacca americana*

Trầu, Trầu cay, Trầu không, Trầu long



*Piper betle*

Tieu dai



*Piper longum*

La lot



*Piper sarmentosum*

Bison tan



*Pisonia umbellifera*



*Pistia stratiotes*

Dau hoà lan, Dot dau ho lan



*Pisum sativum*



Ma de a, Me de thao, Xa tien



*Plantago asiatica*



*Plantago major*



*Plectranthus amboinicus*



*Pluchea indica*



*Polyalthia longifolia*



*Polyalthia suberosa*

Quandau vo-xop

Biensuc, Dang



*Polygonum aviculare*

Dinh lang, La nho, Goi ca



*Polyscias fruticosa*



*Polyscias scutellaria*



Rau sam

*Portulaca oleracea*



La cach, Vong cach

*Premna serratifolia*



*Prosopis juliflora*



Ha kho thao

*Prunella vulgaris*



*Pseudognaphalium luteoalbum*



Dau rong

*Psophocarpus tetragonolobus*



Rang Chanxi hinh-guom, co Luong

*Pteris ensiformis*



Danghuong an

*Pterocarpus indicus*



*Pyracantha crenulata*



Củ cải , Củ dền , Radi



*Raphanus sativus*

Củ cải trắng còn non



*Raphanus sativus var longipinnatus*



*Remusatia vivipara*



*Rhinacanthus nasutus*



*Rhizophora apiculata*



*Rhizophora mucronata*



*Rhododendron arboreum*

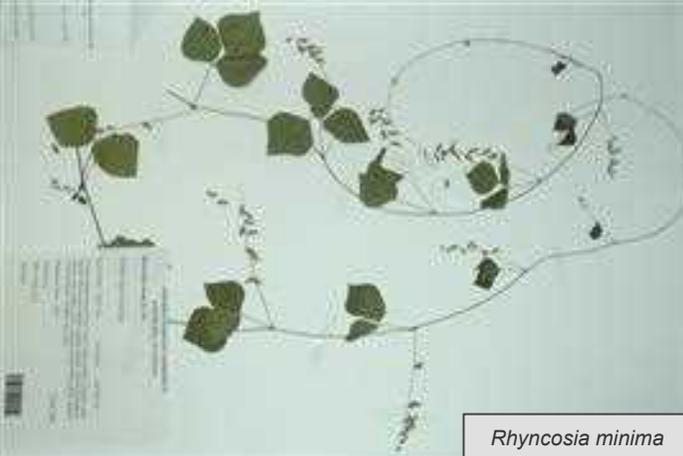


*Rhoeo spathacea*



*Rhus chinensis*





*Rhyncosia minima*



*Rosa chinensis*



*Rubus rosifolius*



Duongde nhan

*Rumex crispus*



*Sageretia thea*



Tu co

*Sagittaria sagittifolia*



*Sandoricum koetjape*



*Sanguisorba officinalis*



Vang-anh

*Saraca indica*



Soi nhan



*Sarcandra glabra subsp.*



*Saurauia napaulensis*



*Sauropus androgynus*



*Scaevola taccada*



*Schima wallichii*



*Schismatoglossis calyptrata*



Mon doc



*Schleicheria oleosa*



*Sechium edule*

Su, Chuchu



*Selaginella willdenowii*

Quyeba wildenow



Cây muồng trâu, Muồng trâu



*Senna alata*

Muong la-hep



*Senna alexandrina*

Muồng đen



*Senna siamea*

Muong bien



*Senna surattensis*

Dien dien phao, Dien thanh hat tron



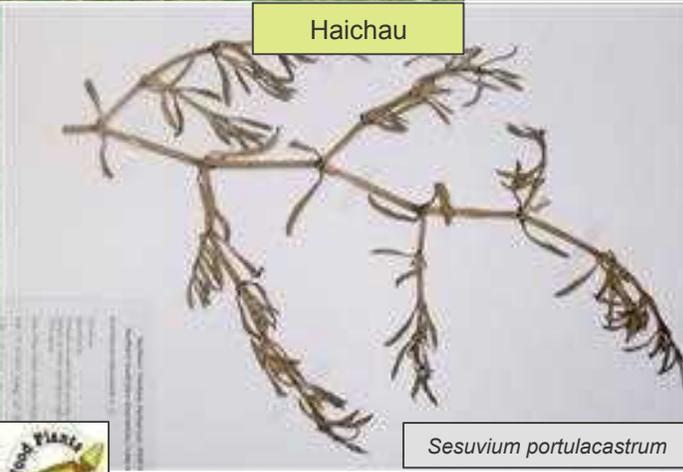
*Sesbania javanica*

Diendien



*Sesbania sesban*

Haichau



*Sesuvium portulacastrum*



*Sigesbeckia orientalis*

Hot-cai trang



*Sinapis alba*



Cà tím, Cà bat, Cà tin



*Solanum melongena*

Lu lu duc, Ca den



*Solanum nigrum*



*Solanum spirale*

Cà dai hoa trang, Cà hoang, Cà nong



*Solanum torvum*

Quả của cây cà ba thùy, Trái cây cà ba thùy



*Solanum trilobatum*



*Solanum tuberosum*

Caution



*Solenostemon scutellarioides*



*Sonchus asper*

Tuc doan rau, Rau cuc sua, Rau diep dang



*Sonchus oleraceus*





*Sonneratia alba*



Hoe nhatbon

*Sophora japonica*



*Sphenoclea zeylanica*



Cuc ao hoa vang

*Spilanthes acmella*



Bapxoi, Bathai

*Spinacia oleracea*



Cóc

*Spondias dulcis*



Coc rung, Coc chua

*Spondias pinnata*



Rau choai

*Stenochlaena palustris*



*Sterculia foetida*





*Syzygium cumini*



*Syzygium lineatum*



*Syzygium nervosum*



Tram kien kien

*Syzygium syzygioides*



*Syzygium zeylanicum*



*Tacca chantrieri*



*Tacca leontopetaloides*



*Tadehagi triquetrum*



Sam dat ba canh, Tho nhan sam ba canh

*Talinum fruticosum*



Sam mong toi



*Talinum paniculatum*

CÃy me, Me, Me chua, Quả me, TrÃiji me



*Tamarindus indica*

Bo cong anh, Su nha, Dia dinh



*Taraxacum officinale*

Thien ly



*Telosma cordata*

Do-mai, Hongmai



*Gliricidia sepium*

Cai bapxoi



*Tetragonia tetragonoides*

Tra lamvo, Tra bode



*Thespesia populnea*

TÃ'ng dÃ'1, Hương xuÃ'çn



*Toona sinensis*



*Trevesia palmata*



Co tamkhai



*Trianthemum portulacastrum*

Dưa núi, Bát bát trâu



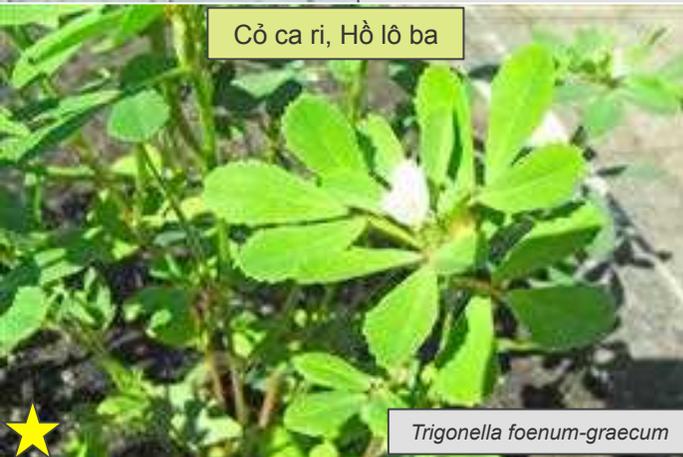
*Trichosanthes cucumerina*

Cỏ ba lá hoa đỏ



*Trifolium pratense*

Cỏ ca ri, Hồ lô ba



*Trigonella foenum-graecum*



*Typha domingensis*



*Ulmus parvifolia*

Dau rang-ngua



*Vicia faba*



*Vigna marina*

Dau muong an



*Vigna mungo*





Dau xanh

*Vigna radiata*



Dãchủ gao

*Vigna umbellata*



Dau dua, Dau dai

*Vigna unguiculata subsp. sesquipedalis*



Dãchủ đen

*Vigna unguiculata subsp. unguiculata*



Hoa-tim nhon

*Viola betonicifolia*



Hoa tim thom

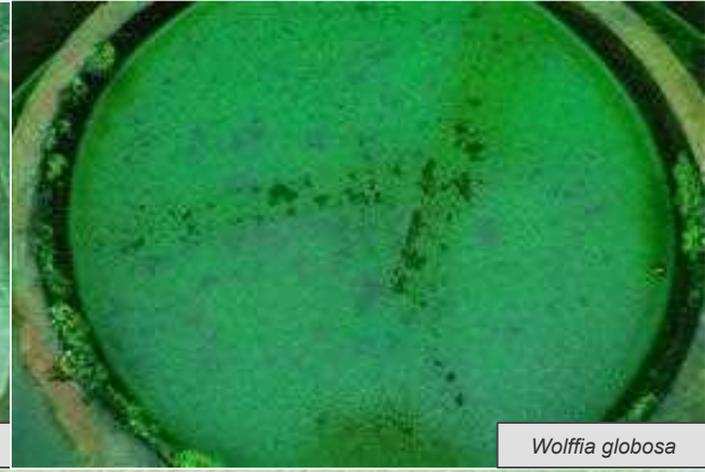
*Viola odorata*



*Vitex negundo*



*Vitis vinifera*



*Wolffia globosa*





Nuc nac



*Oroxylum indicum*



Bau dat day



*Gynura procumbens*



Vang anh



*Saraca dives*



Thuoc bong



*Bryophyllum pinnatum*



La lot



*Piper lolot*



Bac ha la tron



*Mentha rotundifolia*



Duoi cong trang



*Plumbago zeylanica*



Sau dau rung



*Brucea javanica*



Niet do



*Wikstroemia indica*





Rang Atminh que

*Osmunda cinnamomea*



Rang duoi-phung la-sori

*Drynaria quercifolia*



Rang Hungduc Nhat

*Anisocampium niponicum*



Rang Thanlan co-long

*Nephrolepis hirsutula*



Rau Deu nho

*Marsilea minuta*



Trangdinh

*Nageia nagi*



Kingngu, Duoi-chon

*Ceratophyllum demersum*



Che-cau

*Eurya japonica*



*Malva verticillata*





Thucquy, Mandinhhong

*Alcea rosea*



Hoa-tim tamsac

*Viola tricolor*



Cauqua nham

*Mukia maderaspatana*



Bat

*Coccinia grandis*



Luongluan chan-vit

*Diplocyclos palmatus*



Hot-cai den

*Brassica nigra*



Rau-dang long

*Glinus lotoides*



Rau-dang dat

*Glinus oppositifolius*



Binhcu

*Mollugo pentaphylla*



Kinhgioi trang, Rau muoi



*Chenopodium ficifolium*

Phidiep bien



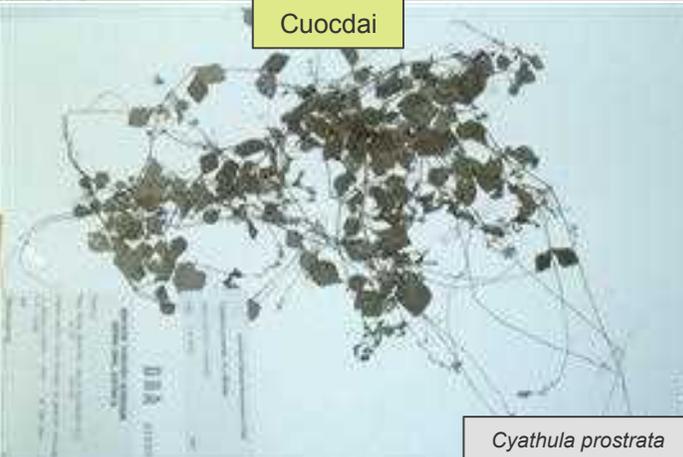
*Suaeda maritima*

Dialinh den



*Deeringia amarantoides*

Cuocdai



*Cyathula prostrata*

Den nhon



*Alternanthera pungens*

Nhunghoa



*Iresine herbstii*

Nghe dau



*Persicaria capitata*

Mong-bo nhon



*Bauhinia acuminata*

Tai voi



*Bauhinia malabarica*



Mot

*Cynometra ramiflora*



Cuomthao do

*Abrus precatorius*



Guar

*Cyamopsis tetragonolobus*



Trangqua ba-hoa

*Desmodium triflorum*



Tamron, Tan

*Desmodium velutinum*



Dau-ngu, Dau bach-bien, Dau-diem

*Phaseolus lunatus*



Dienma nham

*Aeschynomene aspera*



Dienma an, Rut nuoc

*Aeschynomene indica*



Dauphong

*Arachis hypogea*





*Wrightia tinctoria*



*Xanthosoma sagittifolium*



*Zanthoxylum nitidum*

Cây gừng, Gừng, Sinh khương



*Zingiber officinale*

Gừng dại, Gừng gió, Ngải xanh, Rieng dai



*Zingiber zerumbet*



*Ziziphus mauritiana*



The ones marked with a star may be some of the more commonly used leaves

There are another 796 edible leaves in Vietnam for which I do not have photographs

Produced by Bruce R French of Food Plants International, June 2016  
[www.foodplantsinternational.com](http://www.foodplantsinternational.com)



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