

Uses

ID	1,341
Crop ID	Swamp Cabbage
Part	Leaf
Use Category	Food
Notes	Leaves and young shoots - raw or cooked. The tasty leaves are produced all year round. The youngest shoot tips can be added to salads, older leaves are cooked and make a mild-flavoured spinach. The leaves can be stir-fried, steamed, and boiled..
Metadata ID	8,434