

Uses

ID	1,388
Crop ID	Kai Choy/Bitter Mustard Greens
Part	Leaf
Use Category	Food
Notes	A peppery flavour that can range from mild to hot, this is one of the most highly prized cooked vegetables in the Orient. The leaves can also be eaten raw, when finely shredded they make a very acceptable addition to mixed salads.
Metadata ID	8,446