Plants
Plants

Plants of *Mizube no Sachi* are edible plants grown around villages. People pick them up on the way home from work at the end of the day, or elders and children who stay home would pick them up to make day’s meal. Waterfront in Mekong river basin has plenty of sunshine and high temperature. It is an ideal habitat for Kaseth (*Neptunia oleracea*) or Phak Bong (*Ipomoea aquatica*) and other aquatic plants. Some terrestrial plants such as Yanang (*Tiliacora triandra*) and Samek (*Syzygium antisepticum*) are not picked up as weed, but let growing in open spaces and bushes of commons. Spices and herbs that are often incorporated in cooking are also left to grow in home gardens in homes. We conducted a questionnaire survey about uses of foodstuff at homes in Vientiane Province and Vientiane Capital in Laos in 2010. The result showed *Mizube no Sachi* accounted for about half of plant food source.

These plants are not only collected from natural distribution, but some of them are brought by people and grown in villages. Even though they are transplanted for harvesting, those kind of plants receive only a minimum care such as weeding, but even that is advantageous among competitive environment. Many of *Mizube no Sachi* plants are treated in such semi domestication. These plants may be indigenous to Mekong river basin or brought from ancient Africa, and more recently, introduced from new continent. Taro and Yam which played a vital role in the root cultivation which originated in ancient Southeast Asia are found as reminiscent of past as *Mizube no Sachi*. The origin of the plants of *Mizube no Sachi* range widely, but it is researcher’s notion that they have a long history of being incorporated into human civilization.

![Picture: Where *Mizube no Sachi* grow. Neither from mountain, nor from ocean. Paddy field in Vientiane, Laos (Right before rain season)](image)

Taste of *Mizube no Sachi* varies widely as well. Its unique taste cannot be compared to familiar taste of carrots or cabbage and other garden vegetables. Many of *Mizube no Sachi* plants have strong bitterness and acidity. Especially the bitterness of some was so strong that for Japanese
who are not used to tasting bitter food, we had some difficulty getting accustomed to it. (In the past, Japanese used to collect wild plants and many of them tasted bitter. But modern Japanese have lost this custom except for having them as occasional seasonal delicacy.) We thought bitterness was distinctive, but an elderly Lao woman said, “Today’s young people do not eat bitter food as much. When I was young, we were always told to ‘eat bitter for your health’.” In local published literature, there are descriptions on uses of plant in traditional medicine as well as food. Some of them are hard to believe at first, but many of the plants’ chemical components have been extracted and tested, and proven to be truly beneficial. In this report, those traditional healing methods are briefly introduced based on the original description. It is because this belief is possibly a reason that plant diet of people has been comprised of such variety in Mekong river basin. We do have to state a warning that it is not the intention of this report to prove the effect of medicinal power, so please do not try to medicinally use the plants according to this report. We had generous cooperation from professionals around the world in order to record the plants in correct taxonomy. Lao names of plants referred "Mike Callaghan (2004), Lao Plants listed by botanical, common, & regional / Asean names with Lao names & Lao script" with cooperation of Lao University Department of Science. Cambodian names of plants are based on "Pauline Dy Phon (2000), Dictionary of Plants used in Cambodia" with direction of Royal University of Phnom Penh Department of Science. Thai names are quoted from Flora of Thailand based on direction of Dr. Thaya of Mahidol University. Japanese names are derived from Web version of BG Plants which Japanese plant scientists support. We also referred a book written by Mrs. Yoshiko Yoshida, a Southeast Asian food sources culture researcher, and some other reference books. As for scientific names, we chose The Plant List as the sole science name source to avoid confusion of synonyms being used for same plant species.

In this chapter, 142 species from three classes, 35 orders, 68 families of Mizube no Sachi plants are introduced. Those are popular plants and commonly sold in markets.

Ka don tree (Careya arborea) in paddy 17 Feb. 2010 Pakse, Laos
Glossary of plant in this chapter 26 Sep. 2009 Vientiane, Laos
Nymphaea rubra and Ipomoea aquatica 9 Oct. 2013 Chau doc, Vietnam
Emergent plant

Root in bottom and upper part come out in the air from the water surface.

Floating-leaved plant

Root in the bottom and the leaves and stems underwater. Only a flower is made to bloom in the air.

Submerged plant

Root in the bottom and it opens mature leaves on the water surface.

Float plant

A basal root is in the ashore, a shoot with float elongates the water surface. Leaves and stems are extended in the air.

Free floating plant

A root floats without adhering to the bottom.

Life-form of aquatic plant

Emergent tree  Tree  Small tree  Climber  Shrub

Life-form of woody plant
Mizube no Sachi plants used for Lao cooking

Chaom (*Acacia pennata* Subsp.), Bamboo, Yanan (*Tiliacora triandra*), Waen (*Marsilea crenata*)
2 Sep. 2012 Vientiane, Laos

Pong (*Sagittaria guayanensis*), Khin (*Zingiber officinale*), Horm parn (*Coriandrum sativum*), Pumpkin flower and leaf (*Cucurbita maxima*)
20 Aug. 2010 Vientiane, Laos

Water hyacinth (*Eichhornia crassipes*)
30 Nov. 2010 Naxaitong, Vientiane, Laos

Kheelak (*Senna siamea*), Yanan, Khaa (*Alpinia galanga*), Kheua kheun (*Solanum capsicoides*)
3 Oct. 2010 Vientiane, Laos

Cassava leaf (*Manihot esculenta*)
1 Aug. 2010 Vientiane, Laos

Yanan, Kha yang (*Limnophila aromatica*), Kheua kheun, Hom pae (*Eryngium foetidum*)
3 Oct. 2010 Vientiane, Laos
### Marsilea crenata

**Order:** Salviniales  
**Family:** Marsileaceae

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<tr>
<th>LA</th>
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</thead>
<tbody>
<tr>
<td>Waen</td>
<td>.wp</td>
<td>Waen, Limpi</td>
<td>Rau bo, Rau deu rang</td>
<td>Nangoku-denjisou</td>
</tr>
</tbody>
</table>

**Distribution:** Tropical and sub-tropical Asia.  
**Life form:** Aquatic fern. Emergent. 5-50cm tall. Root stalks expand horizontally in the soil. Grown in paddy fields and shallow village marshes.  
**Use:** Shoots are eaten as salad with fermented fish or shrimp paste. Young leaves are cooked in a soup. It is used as medicine in Thailand for oral and throat ulcer, and fever.  
**Ref. No.:** 5, 14, 20

### Diplazium esculentum

**Order:** Polypodiales  
**Family:** Woodsiaceae

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<tbody>
<tr>
<td>Kouth, Koud nam</td>
<td></td>
<td>Kuut khaao</td>
<td>Rang song quan rau, Rau don</td>
<td>Kuwale-shida</td>
</tr>
</tbody>
</table>

**Distribution:** From the Himalayas to the Pacific Islands including south of Kyushu island of Japan.  
**Life form:** Terrestrial fern. Grows alongside streams or canals along forest edges.  
**Use:** Commonly eaten in Indochinese countries. Raw or slightly boiled shoots are eaten as salad. Used as an ingredient of various dishes. In Thailand, leaves are used as medicine for fever, inflammation, failing eyesight, anemia, and gingival bleeding. It has a diuretic effect and contains flavonoid.  
**Ref. No.:** 5, 18, 19, 26
**Nymphaea lotus**

**Order:** Nymphaeales  
**Family:** Nymphaeaceae

**Distribution:** Originated from India. Distributed from Africa to Southeast Asia.

**Life form:** Floating-leaved plant. Leaves are round, 30-50 cm in diameter, and spread across the water’s surface.

**Use:** The peeled flower stalk is eaten raw. It has no particular taste and an enjoyable crunchy texture. Used as an ingredient in various dishes and Cambodian traditional soup. Traditionally in Cambodia, it is applied as a compress for fever. The plant contains an alkaloid (nupharidine) which has medical effects. Seeds and root stalks are used as medicine as well.

**Ref. No.:** 18, 27, 38, 46, 48

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**Nymphaea rubra**

**Order:** Nymphaeales  
**Family:** Nymphaeaceae

**Distribution:** Originated from India. Distributed from Africa to Southeast Asia.

**Life form:** Floating-leaved plant. Leaves are round with a 30-50 cm diameter which spread across the water surface.

**Use:** The peeled flower stalk is eaten raw. It has no particular taste and an enjoyable crunchy texture. It is used as an ingredient in various dishes.

**Ref. No.:** 18, 27, 38, 46, 48
### Uvaria rufa

**Order:** Magnoliales  
**Family:** Annonaceae

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<tr>
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<tr>
<td>KH</td>
<td>Phlae treal</td>
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<td>TH</td>
<td>Phi phuan noi</td>
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<td>VN</td>
<td>Bo qua hoc, Day du de</td>
<td>បែលឃិះឈួរ, ដំពូកមួយ</td>
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<td>JP</td>
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</tbody>
</table>

**Remarks**

**Distribution:** Indochina, The Philippines and Indonesia.  
**Life form:** Large size climber. Up to 20m tall.  
**Use:** Fruits are used for cooking. In Cambodia, it is used as postnatal medicine.  
**Ref. No.:** 27

Jul. 2010  Pakse, Laos

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### Uvaria sp.

**Order:** Magnoliales  
**Family:** Annonaceae

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<tr>
<td>KH</td>
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<tr>
<td>TH</td>
<td>Maeng krang, Mung lum yai, Mang kheng</td>
<td>មាសឺឺរៀង, មុឺឺលុងដុឺឺ, មងក់ញ៉ឺង</td>
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<tr>
<td>VN</td>
<td>Bo qua</td>
<td>បែលឃិះ</td>
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</tbody>
</table>

**Remarks**

**Use:** Fruits are eaten. It has a slightly sour citrus flavor and is sold at local markets when in season. Its juice is sold in Vietnam.  

Jul. 2008  Phonyang, Vientiane Province, Laos
### Peperomia pellucid

**Order:** Piperales  
**Family:** Piperaceae

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<tr>
<td>Krosangteap</td>
<td>สีสันใส</td>
<td>Kra sang</td>
<td>แก้วกระสาง</td>
<td>Rau cang cua</td>
</tr>
<tr>
<td>Ishigaki-koshou</td>
<td>นิชิเกาโคชิว</td>
<td>Usubana-sunakoshou</td>
<td>イシガキコショウ, ウスバナスナコショウ</td>
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</tbody>
</table>

**Distribution:** Originated from tropical America. Widely cultivated in tropical and subtropical countries of the world.

**Life form:** Annual herb. 10-20 cm tall. The color of a stem is translucent white.

**Use:** Stems and leaves are eaten raw or cooked. Cultivated in backyard gardens and homesteads. Sap from the leaves is used as oral medicine or liniment. It is known to have a sterilizing effect against *Staphylococcus aureus* and coliform bacteria.

**Ref. No.** 5, 42, 45, 46, 47

### Piper sarmentosum

**Order:** Piperales  
**Family:** Piperaceae

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<tbody>
<tr>
<td>Li leuth, Eilert</td>
<td>ลิลิคิลัค</td>
<td>Chaplu, Komplou</td>
<td>ช้าพลู</td>
<td>Lot</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** From Northeast India to South China, Southeast Asia, and the Andaman Islands.

**Life form:** Perennial herb. lower stems expand across the ground, upper stems assurgent up to 30cm.

It is planted in kitchen gardens or orchard water slots and it also grows wild.

**Use:** Young leaves are used to dress herbed ground meat, salad, and spicy Thai curry. Boiled leaves are eaten with fermented fish (shrimp) paste. Leaves are used to wrap fermented meat or fermented tea leaf (Mien). It is used as a traditional medicine. It has a degassing expectorant effect on the stomach. Roots are prepared as stomachic peptic. Since the leaf contains a high level of oxalic acid, eating it may cause calculus in the kidneys.

**Ref. No.** 5, 10, 26, 47
**Piper sp.**

**Order:** Piperales  
**Family:** Piperaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Sa khan, Sakhaa, Sa kharn</th>
<th>деятельность</th>
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<tr>
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<td>VN</td>
<td>Tieu</td>
<td>Tiêu</td>
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<td>JP</td>
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</tbody>
</table>

**Remarks**

**Distribution:** Indochina to Malesia.  
**Life form:** Deciduous tree climber.

**Use:** Commonly used in northern Laos. Small cut stems are cooked with other ingredients. It is used as a spice and not eaten directly. Used as medicine for gastric problems and as a compress for cough. It contains eupomatene, crotepoxide, and pipercallosine which are sterilizers.

**General info.:** There are opinions that this species is *P. interruptum* however, because that classification is still controversial this work will deal with it as *Piper* sp

**Ref. No.:** 23, 32, 51

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**Houttuynia cordata**

**Order:** Piperales  
**Family:** Saururaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Khao thong</th>
<th>ฝักทอง</th>
<th>ฝักทอง</th>
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</thead>
<tbody>
<tr>
<td>KH</td>
<td>Chi slak m’lu</td>
<td>ชิสลักมลู</td>
<td>ชิสลักมลู</td>
</tr>
<tr>
<td>TH</td>
<td>Kra sang</td>
<td>ก่าซ่นง</td>
<td>ก่าซ่นง</td>
</tr>
<tr>
<td>VN</td>
<td>Rau giap ca, Diep ca</td>
<td>Rau Giáp cá, Diệp cá</td>
<td>Rau Giáp cá, Diệp cá</td>
</tr>
<tr>
<td>JP</td>
<td>Dokudami</td>
<td>ดอคุดามิ</td>
<td>ดอคุดามิ</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** Southeast Asia, China to Japan.  
**Life form:** Perennial herb. Expand by underground stems and vertically elongate to 20-50cm.

**Use:** In Northern Thailand, Laos, and Vietnam, raw leaves are eaten for a salad. In Cambodia, leaves are used for aromatization of raw fish. In China, a leaf is not eaten but the underground stems are used to dress salad dishes. It contains lauryl aldehyde and quercitrin. In Japan, it is known also as a medicine called "Jyu-yaku". It is effective for swelling, bug bites, cuts, eye-washing, skin disease, gastroenteric disorders, and is also used as an anthelmintic.

**Ref. No.:** 14, 18, 23, 27, 29, 42
### Limnocharis flava

**Order:** Alismatales  
**Family:** Alismataceae

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
<th>Remark</th>
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<tr>
<td>LA</td>
<td>Kan chong</td>
<td>ถิ่นที่พบเจอๆ</td>
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<td>KH</td>
<td>Trakiet paong</td>
<td>ที่เพาะเที่ยงnick</td>
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<tr>
<td>TH</td>
<td>Talapat ruesi, Bua loi, Bua khuak</td>
<td>ลำบกเติบ</td>
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<tr>
<td>VN</td>
<td>Keo neo, Cu neo</td>
<td>Kèo nèo, Cù nèo</td>
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<tr>
<td>JP</td>
<td>Kibana'omodaka</td>
<td>キバナオモダカ</td>
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</table>

**Distribution:** Originated from tropical America, introduced to South and Southeast Asia.

**Life form:** Aquatic plant. Emergent. Up to 1m tall. It grows in the shallow ends of a ponds.

**Use:** The raw or boiled young leaves, buds and inflorescences are used for a salad or a soup.

**Ref. No.:** 5, 14, 27, 46

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### Sagittaria guayanensis subsp. lappula

**Order:** Alismatales  
**Family:** Alismataceae

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<thead>
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<th>Name</th>
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<tbody>
<tr>
<td>LA</td>
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</tr>
<tr>
<td>KH</td>
<td>Chrach</td>
<td>คราช</td>
</tr>
<tr>
<td>TH</td>
<td>Tao kiat, Phak khang kai</td>
<td>เตกี่ยด</td>
</tr>
<tr>
<td>VN</td>
<td>Tu có tron</td>
<td>Từ có tron</td>
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<tr>
<td>JP</td>
<td>Omodaka'modoki</td>
<td>オモダカモドキ</td>
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</table>

**Distribution:** From the tropical Africa to East and Southeast Asia.

**Life form:** Floating-leaved plant in lakes, swamps, and nearly stagnant water of streams.

**Use:** Leaves are cooked. It is used as an ingredient in Laos.

**Ref. No.:** 14, 46, 47
### Amorphophallus paeoniifolius

**Order:** Alismatales  
**Family:** Araceae

**Distribution:** Thailand, Cambodia and Laos.

**Life form:** Perennial herb. 1~2m tall. In the ground a stalk grows a tuber fat. It grows in secondary vegetation, forest margins, and village groves.

**Use:** Edible after leaf stalk are well boiled, drained, and rinsed to rid oxalic acid. It is found at local markets in select areas of Cambodia, south Laos, and northeast Thailand.

In traditional Laos medicine, it is said that a tuber is effective against malaria.

**General info:** It has acrid tubers and stems, due to the presence of calcium oxalate crystals and alkaloids.

**Ref. No.:** 7, 21, 27, 47

### Colocasia esculenta

**Order:** Alismatales  
**Family:** Araceae

**Distribution:** Originated in Southeast or southern Central Asia.

**Life form:** Perennial herb. Up to 1-2m tall.

**Use:** Corms, young leaf blades, and petioles can be eaten. The swollen stem base, known as corms, were the most important staple food in the ancient agricultural cultures all throughout southeast Asia, Oceania, and west Japan.

**Ref. No.:** 36, 45, 47
**Lasia spinosa**

**Order:** Alismatales  
**Family:** Araceae

**Phak nam**  
**Choc gai, Mop**  
**Mizu-yatsude**

**Remarks**

**Distribution:** India, South China, Southeast Asia.  
**Life form:** Perennial herb. It grows in shade near river banks or ponds.  
**Use:** Well boiled or pickled, young leaves and flowers are eaten for garnish. The stalk is used for cough medicine and decoction is used for the itchiness associated with skin disease. Raw leaves and leaf stalks contains hydrocyanic acid and calcium oxalate.  
**Ref. No.:** 7, 23, 42, 49,

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**Wolffia globosa**

**Order:** Alismatales  
**Family:** Araceae

**Pham**  
**Chor hai tea**  
**Pham, Khai nai, Khai nam**  
**Beo phan**  
**Mijinkouikusa**

**Remarks**

**Distribution:** Originated from warm temperate to tropical eastern Asia. It was introduced over Africa and America.  
**Life form:** Floating plant. A single body is ellipsoid, 0.4～0.8 mm long. It is rootless. Grows in clumps on the water surface.  
**Use:** Eaten as an ingredient of fish or chicken soup. Raw plants contain 100g, energy 8kcal, 59 mg of calcium, 25 mg of phosphorus, and 6.6 mg of iron.  
**General info.:** This species is the smallest seed plant in the world.  
**Ref. No.:** 7, 14, 20, 49
Ottelia alismoides

**Order:** Alismatales  
**Family:** Hydrocharitaceae

**Distribution:** From northeastern Africa to tropical Australia, through India, China, Japan and Southeast Asia.

**Life form:** Submerged plant. Leaves broadly ovate. Flower blooms above the water surface.

**Use:** Petioles and leaves are eaten as a vegetable with excellent flavor. The fruit is also edible. Even though it is seldom seen at the local market, it is used by villagers regularly. Medicinally used for treatment of hemorrhoids and used as a poultice for fever.

**Ref. No.:** 7, 14, 18, 47

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Dioscorea spp. (*D. alata / D. bulbifera / D. esculenta*)

**Order:** Dioscoreales  
**Family:** Dioscoreaceae

**Distribution:** Originated in the Far East.

**Life form:** Perennial climber.

**Use:** Tubers are used as a starch food. Broods formed on the side of leaf are also edible.

**General info.:** This group of plant is called Yam. Along with Taro, Yam was an important staple food of the ancient agricultural culture in the Far East. It is still found in local and city markets. Occasionally in the countryside it meets with a semi-domestic Yam species.

**Ref. No.:** 4, 18, 36, 38, 42, 45, 47
**Borassus flabellifer**

| LA | Ton taan, Mak tao | រុបីកន្ម (េរុងរាក់) |
| KH | Tnaot | ដឹងី |
| TH | Tan | តាល |
| VN | Thot not | Thốt nốt |
| JP | Ougi-yashi | オウギヤシ |

**Remarks**

**Distribution**: Originated from Africa. It was introduced to Asia as useful plant in prehistoric age.

**Life form**: 25-40m tall palm.

**Use**: The edible fruits are much appreciated in cakes or jellies. Palm wine and palm sugar are made from the sap of inflorescence.

There are many known traditional medicinal uses for every part of the toddy palm. Leaves are used to make marketable products such as hats, mats, roof covers, and writing paper. Canoes may be made out of trunks. Bark is used to make strong rope.

**Ref. No.**: 10, 14, 27, 38, 42, 45, 46, 47

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**Endosperm**  Jul. 2011 Kampong Cham, Cambodia

**Palm sugar**  Feb. 2010 Thakhek, Laos

**Tapping**  Jan. 2013 Salavan, Laos
### Calamus tenuis

**Order:** Arecales  
**Family:** Arecaceae

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<td>Naw vae</td>
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<tr>
<td>KH</td>
<td>ข้องเขีบ</td>
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<tr>
<td>VN</td>
<td>May dan, May manh</td>
</tr>
<tr>
<td>JP</td>
<td>Máy dan, Máy manh</td>
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</tbody>
</table>

**Remarks**

**Life form:** A rattan.  
**Use:** A peeled stem is cooked.  
**Ref. No.:** 12

![Image of Calamus tenuis](image)

Jul. 2008 Vientiane Capital, Laos

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### Rhapis cochinchinensis

**Order:** Arecales  
**Family:** Arecaceae

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<thead>
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<td>VN</td>
<td>Mat cat</td>
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<td>JP</td>
<td>Mât cát</td>
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**Remarks**

**Life form:** A rattan. Stems to 42 m tall, to 65 cm in diam. Leaves palmate.  
**Use:** The top of young shoot are edible.  
**Ref. No.:** 12, 48

![Image of Rhapis cochinchinensis](image)

Feb. 2010 Thakhek, Laos
Bamboo shoot

Order: Poales
Family: Poaceae

**Distribution:** From tropical to temperate Asia.

**Life form:** Bamboo plant. Stems are fascicled. 10-30m tall. Usually planted beside a village.

**Use:** Young shoot is commonly eaten in East and Southeast Asia. There are many bamboo ingredients in local markets. In Indochina genus *Indocalamus* and *Yushania* were seen but *Bambusa* predominates the region. Bamboo shoots are boiled and cooked. *Yanan* (*Tilia cordata triandra*, Menispermaceae) is used for cooking in Laos and Thailand, *Ngop* (*Sauropus androgynus*, Phyllanthaceae) is used in Cambodia. In Japan there are many recipes for bamboo and the rice bran is used for boiling.

**Ref. No.:** 7, 12, 16, 27, 42
**Coix lacryma-jobi var. ma-yuen**

*Order: Poales*

*Family: Poaceae*

**Distribution**: The origin is unknown. Indigenous to southern and eastern Asia.

**Life form**: Perennial grass. Up to 3 m tall.

**General info.**: The form with soft-shelled false fruit has been cultivated since ancient times - 3000-4000 years ago in India and 2000 years ago in China. It was very important before maize and rice. Forms with hard-shelled false fruit are also occasionally cultivated. Plants escaped from cultivation occur as weeds. Boiled Jobi was sold in northern Laos.

**Ref. No.**: 25, 35, 46, 47

---

**Oryza sativa**

*Order: Poales*

*Family: Poaceae*

**Distribution**: Originated from east foothills of the Himalayas.

**Life form**: Annual and perennial herb. 50-130 cm tall.

**General info.**: First cultivated in the middle and lower Yantze River 9000 years ago. This plant is a staple in East and Southeast Asia diets. The photo above is an example of young upland rice sold in northern Laos. Precooked rice is made from young rice (grains still attached not dropped): this is a very old and time-honored way to prepare rice.

**Ref. No.**: 36, 40, 47
**Eleocharis dulcis var. tuberosa**

**Order:** Poales  
**Family:** Cyperaceae

### Distribution
The actual distribution is uncertain. Cultivated in the Old tropics from Africa to Papua.

### Life form
Perennial herb. Emergent plant. Grows on marshy or flooded ground. 40-80cm tall.

### General info.
The tuber, known as "water chestnut", is eaten. Commonly cultivated. Japanese may have mistaken similar tuber of *Sagittaria trifolia* 'Caerulea' of Alismataceae.

### Ref. No.
14, 15, 48

---

**Eichhornia crassipes**

**Order:** Commelinales  
**Family:** Pontederiaceae

### Distribution
Native to Brazil, introduced and naturalized all over the tropics.

### Life form
Perennial herb. Free floating plant or emergent plant rooted in mud. 30-60 cm tall.

### Use
Boiled young shoots and young flowers are eaten with fermented fish or shrimp paste.

In the traditional medicine of Thailand, stems are used as an antidote for poison and to degas the belly.

Flower’s primary use is ornamental. Stems of the emergent type are used to make baskets in a village beside Lake Tonle Sap in Cambodia. In Thailand, *E. hygrophilus* called "Makok nam" is more popular than this species.

### General info.
One of the 100 of the world's worst invasive alien species of IUCN.

### Ref. No.
6, 14, 18, 27, 47
### Monochoria hastate

**Order:** Commelinales  
**Family:** Pontederiaceae

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**Remarks**

**Distribution:** Native in tropical South and Southeast Asia extending to northern Australia.  
**Life form:** Emergent plant. 50-200 cm tall.  
Leaves triangular.  
**Use:** Leaves and young flowers are eaten.  
**General info.:** In the traditional medicine, the sap of leaves was used for suppressing a swelling of the gum.  
**Ref. No.:** 5, 10, 14, 27, 47

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### Monochoria vaginalis

**Order:** Commelinales  
**Family:** Pontederiaceae

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<td>VN</td>
<td>Rau mac bao, Co luoi vit</td>
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**Remarks**

**Distribution:** Native in South Asia, throughout Southeast Asia, extending also to China, Japan, Fiji islands and northern Australia. America and Europe.  
**Life form:** Annual herb. Emergent plant. 5-50 cm tall.  
**Use:** Young stems are eaten raw or boiled with fermented fish or shrimp paste. It is an ingredient of soup, Lap, and Salad.  
**General info.:** In the traditional medicine of Thailand, the whole plant is used for high fever, asthma, bloody urine, conjunctivitis, etc. The dried leaf is used as powder and to cover swelling.  
**Ref. No.:** 5, 10, 14, 18, 20, 27, 29, 47

---

Jan. 2009 Kampong Cham, Cambodia  
Jun. 2007 Prek Toal Area, Cambodia
**Alpinia galangal**

**Order:** Zingiberales  
**Family:** Zingiberaceae

**Distribution:** The exact origin is unknown. It is cultivated from Southeast Asia to India.

**Life form:** Perennial herb. Up to 3.5 m tall.

**Use:** Rhizome is used for the spice as must-have in this region. A pungent condiment with a sweet flavor. Usually planted in home gardens.

**General info.:** As a medicine, rhizome is prescribed for diarrhea, nausea, abdominal fullness, parasitic extermination, etc. There are many hybrids with *A. conchigera* in Thailand. The lower photo is an example of pure *A. galanga.*

**Ref. No.:** 21, 27, 42, 45, 48, 51

---

**Amomum sp.**

**Order:** Zingiberales  
**Family:** Zingiberaceae

**Life form:** Perennial herb. Up to 3 m tall.

**General info.:** The fruits are eaten raw, cooked or candied. The fresh, sweet, juicy aril around ripe seeds is considered a delicacy. Young shoots, young inflorescences and young fruits are eaten as vegetables cooked with rice. It is rarely found in local market.

**Ref. No.:** 40, 47, 48
**Boesenbergia rotunda**

**Order:** Zingiberales  
**Family:** Zingiberaceae

**Distribution:** Native to Java and Sumatra. It is widely cultivated in Southeast Asia and Southern China.

**Life Form:** Perennial herb. 30-80cm tall.

**Use:** Boesenbergia rotunda is principally used as a spice and a medicine. Enlarged roots that bud from rhizome are used. Usually it is used with fish. They are quite pungent and flavorful.

**Ref. No.:** 27, 42, 47

---

**Curcuma longa**

**Order:** Zingiberales  
**Family:** Zingiberaceae

**Distribution:** Originated from probably India. Cultivated in the tropics.

**Life Form:** Perennial. 1-1.5 m tall.

**Use:** Turmeric powder is made from rhizomes. Young shoots are eaten. Rhizomes have a lot of medicinal usage. For example, stomachic, stimulant, carminative, diarrhoea, rheumatism, cough, and tuberculosis. Turmeric also has insecticidal, fungicidal and nematicidal properties which make it a potential biocide.

The yellow powder is used by Cambodian women, in the countryside especially, to coat their face and body and have beautiful skin. The paint is used to dye fabrics, in particular the clothes of monks.

**Ref. No.:** 27, 42, 45, 47
Curcuma sp.

**Order:** Zingiberales  
**Family:** Zingiberaceae

**Distribution:** This genus distribute from China to Malesia region.

**Life form:** Perennial herb. Up to 0.5 -1m tall. The white or red color parts are bracts. Pale yellow flower is inside of the green bract. See the lower photo.

**General info:** Young inflorescences have good flavor that is a bit strong. Young shoots are eaten raw with papaya salad. Tubers, young shoots, and flowers have medicinal effect for extracting the gas of the belly.

**Ref. No.:** 5, 18

**Etlingera elatior**

**Order:** Zingiberales  
**Family:** Zingiberaceae

**Distribution:** Natural distribution in Malaysia, Java and Sumatra, but is also widely cultivated in tropical region.

**Life form:** Perennial, tillering herbs with a rhizome at or near the ground surface. Leafy stem up to 5 m tall. Flower is red, 0.5-2.5 m tall.

**Use:** Boiled young flowers and shoots are eaten with fermented fish paste, used for an ingredient of curries, and for Thai spicy salad. It is not so popular in Lao and Cambodian markets.

**Ref. No.:** 6, 18, 45
**Kaempferia sp.**

Order: Zingiberales  
Family: Zingiberaceae

**Distribution:** Originated from India. It is widespread to tropical Asia and Malesia.

**Life form:** Perennial herb. Leaves usually 2-3 sheaths, blade often horizontal and appressed on the ground, broadly elliptical or suborbicular, 6-15 cm x 5-10 cm.

**Use:** Leaves are eaten in raw with “Cheo” in Attapu Laos. Fresh leaves are light texture and have a slight ginger flavor. It is cooked with bamboo shoot. Popular in the highland in southern Laos and northern Cambodia.

**Ref. No.:** 27, 42, 45, 46, 47, 48

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**Remarks**

**Distribution:** Originated from India. It is widespread to tropical Asia and Malesia.

**Life form:** Perennial herb. Leaves usually 2-3 sheaths, blade often horizontal and appressed on the ground, broadly elliptical or suborbicular, 6-15 cm x 5-10 cm.

**Use:** Leaves are eaten in raw with “Cheo” in Attapu Laos. Fresh leaves are light texture and have a slight ginger flavor. It is cooked with bamboo shoot. Popular in the highland in southern Laos and northern Cambodia.

**Ref. No.:** 27, 42, 45, 46, 47, 48
**Zingiber officinale**

**Order:** Zingiberales  
**Family:** Zingiberaceae

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<td>JP</td>
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**Remarks**

**Distribution:** Wild forms of ginger have not been found and its origin is uncertain. Ginger has been grown in tropical Asia since ancient times.

**Life form:** Perennial herb. 50-100cm tall.

**Use:** Rhizomes are used for a lot of dishes as a spice. Young flower buds are eaten raw. There are red flower buds and green buds of *Z. officinale* in local markets. Commonly, it is planted in the home garden of each house.

**General info.:** Rhizomes have been used as medicine since B.C.. Gingerol, which is an extract of a raw rhizomes, controls liver problems. Shogaol, which is an extract from dried rhizomes, has painkilling, antitussive, and alleviation-of-fever effect.

**Ref. No.:** 18, 27, 40, 42, 48

![Z. officinale Sep. 2009 Vientiane province, Laos](image1)

![Zingiber sp. Sep. 2009 Vientiane province, Laos](image2)

![Z. officinale Jul. 2011 Pakse, Laos](image3)

![Z. montanum Jul. 2011 Pakse, Laos](image4)
### Homalomena sp.

**Order:** Zingiberales  
**Family:** Musaceae

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<td>JP</td>
<td>Banana</td>
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**Remarks**

**Distribution:** Tropical Asia and Malesia are considered the center for Banana.

**Life form:** Perennial herb. Up to 5m tall. A pseudo stem is formed by overlapped and rolled leaf sheath.

**Use:** Fruits are "Banana" as we all know. Sliced reddish flower bracts and inside pseudo stems are also used as a garnish.

**Ref. No.:** 18, 47

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**Jul. 2010 Kampong Chhnang, Cambodia**  
**Aug. 2013 Ho Chi Minh, Vietnam**

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**Jul. 2010 Phnom Penh, Cambodia**  
**Aug. 2013 Ho Chi Minh, Vietnam**
**Cyclea barbata**

*Order:* Ranunculales  
*Family:* Menispermaceae

**Distribution:** From India to Indochina, Sunda and Java.  
**Life form:** Woody climber. Up to 5 m.  
**Use:** A leaf and a thin vine are used in order to make a grass jelly.  
**General info.:** A decoction made of the roots is used in local medicine against fever, stomatitis and liver disease.  
**Ref. No.:** 7, 14, 47

**Remarks**

**Distribution:** Pakse, Laos

**Tiliacora triandra**

*Order:* Ranunculales  
*Family:* Menispermaceae

**Distribution:** Assam, South Burma, Cambodia, Laos, Vietnam and Malay peninsula.  
**Life form:** Climber. Common in forest edges and open bush.  
**Use:** Crushed leaves and thin vines are used to coax out flavor. It is an essential kitchen ingredient when cooking bamboo shoot in Laos and Thailand.  
**General info.:** In the traditional medicine of Thailand, the shoot is used as an antifebrile and leaves are used as a medicine to discharge toxins. In Cambodia, a shoot is used for the preparation of a medicine for dysentery.  
**Ref. No.:** 5, 14, 18, 40, 42

**Remarks**

**Distribution:** Houayxay, Laos
**Nelumbo nucifera**

**Order:** Proteales  
**Family:** Nelumbonaceae

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<td>TH</td>
<td>Boua louang</td>
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**Distribution:** Asia, Europe, and Australia.

**Life form:** Perennial herb. Emergent plant. Leaf is 0.5-1m tall above the water face, circular, 25-90cm diameter, leaf stem attached on the center of leaf. Flower is taller than leaf, 10–23 cm in diameter, color white to pink.

**Use:** Thin young rhizomes are popular ingredients in Indochina. It is used as an ingredient in soup, boiled with coconuts milk, and fried with other vegetables. The texture of the young rhizome is light. Young seeds are eaten raw for a snack.

All parts of the *N. nucifera* are used for medicine. Alkaloid is included in the leaf, stamen, fruits, and seed. Rhizome and seed are effective against throat ulcers and skin disease.

**Ref. No.:** 5, 10, 18, 27, 29, 38, 48
### Cissus hastate

**Order:** Vitales  
**Family:** Vitaceae  

| **LA** | **Som loum** | ส้มล้ม |
| **KH** | Sannda (as *C. repens*) | ส้มสนดาน |
| **TH** | Som sandan, Som op ep. | ส้มสันดาน |
| **VN** | Hồ dăng mủi giao | Hồ dăng mủi giao |
| **JP** | | |

**Remarks**

**Distribution:** From India to the east coast of Australia through Indochina, Thailand and Southeast Asia.  

**Life form:** Evergreen climber. Family of grape.  

**Use:** Leaves are used as a sour taste ingredient. It is used for mushroom soup. In Thailand, leaf, stem, and fruit are used for coughs, as an expectorant, and as an anti-emetic. The powder of a root is applied to swelling. In Cambodia, young leaves and fruits of *C. repens* are used for same purpose as *C. hastata*.  

**Ref. No.:** 7, 27, 47

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### Salacia chinensis

**Order:** Celastrales  
**Family:** Celastraceae  

| **LA** | **Takai** | ไก่ไข่ก๊วย |
| **KH** | Kam phaeng chet chan, Takai | ก้มผงเผาเต็นชั้น |
| **TH** | | |
| **VN** | Chop mau Trung Quốc | Chóp mau Trung Quốc |
| **JP** | | |

**Remarks**

**Distribution:** Scattered from tropical Africa, India, Indochina, Malesia and Fiji.  

**Life form:** Liana or shrub. 3-10 m long.  

**General info.:** The photo is of leaves that were put in order with other vegetables at a morning market in northern Laos. According to PROSEA, fruits are eaten. The roots are astringent. In the Philippines a decoction from the roots is used against amenorrhoea and is supposed to cause abortion.  

**Ref. No.:** 12, 15, 47, 48
**Connarurus cochinchinensis**

**Order:** Oxalidales  
**Family:** Connaraceae

**Distribution:** South Laos, Cambodia, South Vietnam to Northern Malay Peninsula.

**Life form:** Climber or small tree.

**Use:** Young leaves are used as vegetable. The bark can be chewed with the betel.

**General info.:** *C. bariensis* and *C. semidecandrrus* have the same local name in Laos. These are not seen in a market.

**Ref. No.:** 12, 14, 27

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**Irvingia malayana**

**Order:** Malpighiales  
**Family:** Irvingiaceae

**Distribution:** From Indochina to Peninsula Malaysia, Borneo, and Sumatra.

**Life form:** Evergreen tree. 10-30 m tall in Indochina.

**Use:** The seeds are roasted and their inner part served as a snack. Seeds are used for the manufacturing of wax, cocoa and soap.

**Ref. No.:** 10, 14, 27, 45
**Cratoxylum cochinchinense**

**Order:** Malpighiales  
**Family:** Hypericaceae

**Distribution:** From Indochina to Peninsular Malaysia, Borneo, Sumatra, and Palawan.

**Life form:** Deciduous small tree.

**Use:** Acid young leaves are appreciated as vegetables, eaten raw with rap in Laos, and for "samla" in Cambodia. A tree that has grown on a common is used. It makes good firewood.

**Ref. No.:** 16, 27, 45, 46

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**Cratoxylum formosum**

**Order:** Malpighiales  
**Family:** Hypericaceae

**Distribution:** Myanmar, Indochina, Thailand, Malaysia, Indonesia, Philippines, and southern China.

**Life form:** Deciduous small tree. Up to 3–6 m tall.

**Use:** Young leaves and young flowers are eaten raw with Laap and used in fish curries, giving a fragrant and sour tannin-like taste. Dried leaves, bark and roots are consumed as a tea and have medicinal properties. In traditional medicine, resin from the bark is used to scrub the soles of feet with dry and broken skin. The wood is good for making charcoal.

**General info.:** This tree that has grown on a common of village is used. In Laos, *C. f.* subsp. *pruniflorum* called "Tiew daen" is similarly-used as this species.

**Ref. No.:** 7, 12, 21, 22, 23, 27, 45, 48, 49
**Antidesma ghaesembilla**

**Order:** Malpighiales  
**Family:** Phyllanthaceae

**Distribution:** Tropical Africa, India, southern China, Southeast Asia and Australia.

**Life form:** Deciduous small tree.

**Use:** Sour fruits are eaten raw and prepared into jams. Stems are used as construction material.

**Ref. No.:** 27, 45

**Remarks**

**Phyllanthus acidus**

**Order:** Malpighiales  
**Family:** Phyllanthaceae

**Distribution:** Probably native to coastal Brazil. Cultivated in tropical Asia and Polynesia islands since immemorial times.

**Life form:** Small tree, up to 10 m. Fruits grow on a trunk.

**Use:** Sour ripe fruit is edible. Leaves are eaten as a salad. Since ancient times, the latex, root, bark, leaf, and fruit of this plant are used to make various medicines.

**Ref. No.:** 14, 16, 27, 42, 47
**Phyllanthus emblica**

**Order:** Malpighiales  
**Family:** Phyllanthaceae

- **Distribution**: India to Southeast Asia and Malesia.  
- **Life form**: Tree. Up to 20 m tall. Small linear-oblong single leaves are alternate and densely crowd along the branch. A shoot looks like a compound leaf.
- **Use**: Sour ripe fruit is edible. Used for the sour ingredient of dishes. It is rich in vitamin C and applied for expectorant. Roots, leaves, bark, and insect galls are used for the making of many medicines. The decoction of roots is used against fever. Tannin is extracted from the bark. Woods are used for furniture construction and as firewood.

**Ref. No.:** 14, 26, 27, 37, 42, 47

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**Sauropus androgynus**

**Order:** Malpighiales  
**Family:** Phyllanthaceae

- **Distribution**: From India to Indochina and Malesia.  
- **Life form**: Shrub or small tree. Up to 4 m tall.
- **Use**: Leaves are used for cooking as vegetable. It is a popular ingredient of fried vegetable, soup, and curry. In Cambodia, bamboo shoots are boiled and they are essential kitchen ingredient. Fruits are edible. Jam can also be made.

In traditional medicine, leaves are used as a medicine against coughs. It is used to soothe the lungs, as a tonic, and as a febrifugal to relieve internal fever.

**General info.:** It is planted in most home gardens.

**Ref. No.:** 14, 18, 27, 42
### Codiaeum variegatum

**Order**: Malpighiales  
**Family**: Euphorbiaceae

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<td>VN</td>
<td>Co tong</td>
<td>Cờ tống</td>
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<td>JP</td>
<td>Henvouboku, Kuroton</td>
<td>ทะพ้อยโบก, กรอกตัน</td>
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</table>

**Remarks**

**Distribution**: Malesia and the West Pacific Island arcs up to Fiji.  

**Life form**: Shrub, up to 3 m high. Cultivated for the showy leaves, there is extreme variations among the various races.

**General info.**: Primarily an ornamental plant, for its variegated leaves, with a variety of races. Information as foods is not mentioned in the Flora of Thailand. Nevertheless, it was assured that this species had been sold as a vegetable at one market in north Thailand.  

**Ref. No.**: 14, 46

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### Manihot esculenta

**Order**: Malpighiales  
**Family**: Euphorbiaceae

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<td>TH</td>
<td>Man sampalang</td>
<td>มันสิ่งปลายนิ้ว</td>
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<td>VN</td>
<td>Khoai mi, San</td>
<td>Khoai mi, Sản</td>
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<td>JP</td>
<td>Kvassaba</td>
<td>キャッサバ</td>
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**Remarks**

**Distribution**: Cultivation and found throughout SE Asia and Malesia.

**Life form**: Shrub. Up to 7 m high. Leaf blade palmately 3-9-lobed, diameter 20cm wide.

**Use**: Tapioca is made from cassava. The roots are eaten cooked, steamed, fried or roasted when fresh or after drying or fermenting. The leaves and young flowers are also eaten, they contain reasonable amounts of carotene and vitamin C, though they too have to be cut in pieces and they have to be cooked to rid the HCN.

**General info.**: The roots constitute one of the world's most important stock crops for starch. It is also an important emergency crop. There are two types of Cassava: a sweet one and bitter one. Only sweet cassava can be eaten fresh in small quantities (the peel contains the most HCN). The bitter ones have to be treated due to a much higher HCN content.  

**Ref. No.**: 14, 42, 48
Passiflora foetida

Order: Malpighiales
Family: Passifloraceae

**Distribution:** Cultivated and often naturalized in most tropical countries.

**Life form:** Perennial climbing herb. Usually grows wild on a common and wayside of village.

**Use:** Young leaves are cooked. It is popular in local market in Indochina.

The ripe fruits are eaten raw. They are sweet and juicy.

**Ref. No.:** 42, 46, 47

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Microdesmis caseariifolia

Order: Malpighiales
Family: Pandaceae

**Distribution:** From South China, Burma and Indochina to Malay Peninsula, Sumatra, Borneo and Philippines.

**Life form:** Small tree. Up to 10m tall.

**General info.:** A villager said that this is also eaten in Laos.

**Ref. No.:** 14, 46, 48
### Garcinia cochinchinensis

**Order:** Malpighiales  
**Family:** Clusiaceae

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<td>Bua nha, Tai chua</td>
<td>ប្រុា នឺត, តាបុរ</td>
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</tbody>
</table>

**Remarks**

**Distribution:** Indochina, often cultivated in Cambodia.  
**Life form:** Small tree, 10-15 m tall.  
**Use:** The acid fruits are used as culinary spices. When cut and dried in the sun they will keep for a long time. They are used in cooking as acid element, like a lemon. These fruits are more popular in Cambodia than they are in Laos or Thailand.  
Since this tree is the same genus as Mangosteen, a seedling is used as a rootstock of Mangosteen.  
**Ref. No.:** 27, 47

![Image 2010 Kampong Cham, Cambodia](image1)

---

### Garcinia oliveri

**Order:** Malpighiales  
**Family:** Clusiaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Mohng</th>
<th>មីហ្គី</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>Tamoung</td>
<td>តែម៉ឿង</td>
</tr>
<tr>
<td>TH</td>
<td>Mohng</td>
<td>មីហ្គី</td>
</tr>
<tr>
<td>VN</td>
<td>Bua nui</td>
<td>ប្រុា នឺត</td>
</tr>
<tr>
<td>JP</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** Indochina, often cultivated in Cambodia.  
**Life form:** Tree, 20-30 m tall.  
**Use:** Leaves are used as sour condiments. The fruit cut in slices can be kept in salt. Popular in Cambodia and less so in Laos, Thailand, and Vietnam.  
In the traditional medicine of Cambodia, bark is a component of a remedy against bronchitis. In ground form, it can be used to treat a hematoma and to make an anti-inflammatory analgesic plaster for sprains.  
According to recent studies, a substance with an antioxidant action is extracted from the bark.  
**Ref. No.:** 12, 27

![Image 2010 Kampong Chhnang, Cambodia](image2)
**Flacourtia indica**

**Order:** Malpighiales  
**Family:** Salicaceae

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>LA</strong></td>
<td>Kane</td>
</tr>
<tr>
<td><strong>KH</strong></td>
<td>Ka khop pray</td>
</tr>
<tr>
<td><strong>TH</strong></td>
<td>Ta khop pa</td>
</tr>
<tr>
<td><strong>VN</strong></td>
<td>Hong quan an</td>
</tr>
<tr>
<td><strong>JP</strong></td>
<td>Indo' lukanu</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** Cultivated in Africa and Asia.  
**Life form:** Deciduous tree. Up to 15 m tall. It has long spines on the twig.  
**Use:** The fruit is edible.  
In the traditional medicine of Cambodia, the roasted leaves, bark, and fruit were used to make tonic drinks prescribed to young mothers.  
The wood, not affected by termites, is used to make columns for houses, pestles for rice, and axe handles.  
**Ref. No.:** 27, 46

**Acacia concinna**

**Order:** Fabales  
**Family:** Fabaceae

<p>| | |</p>
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>LA</strong></td>
<td>Som poy</td>
</tr>
<tr>
<td><strong>KH</strong></td>
<td>Bây dammaeb, Băn la saot</td>
</tr>
<tr>
<td><strong>TH</strong></td>
<td>Som poy</td>
</tr>
<tr>
<td><strong>VN</strong></td>
<td>Keo dep, Phi tao giap</td>
</tr>
<tr>
<td><strong>JP</strong></td>
<td>Okinawa' nemu</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** Tropical Asia  
**Life form:** Woody climber.  
**Use:** Young leaves are sour and eaten in salad.  
In traditional medical treatment, the fruit is used: externally for eczema or leprosy and internally as a laxative. The seed has a medical reputation for providing a comfort effect during birth process.  
Fruit is used for washing hair.  
**Ref. No.:** 27, 46
### Acacia pennata subsp. Insuavis

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<tr>
<th>LA</th>
<th>Kha</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>S’am, Thama toeb</td>
</tr>
<tr>
<td>TH</td>
<td>Cha om</td>
</tr>
<tr>
<td>VN</td>
<td>Keo kerr</td>
</tr>
<tr>
<td>JP</td>
<td>Chaom</td>
</tr>
</tbody>
</table>

**Order:** Fabales  
**Family:** Fabaceae

**Distribution:** Introduced and cultivated to Southeast Asia.  
Jul. 2010 Kampong Cham, Cambodia

**Life form:** Woody climber or shrub up to 5 m tall. Found in open, scrubby forest or swampy forest and along streams.

**Use:** Boiled or steamed young leaves are eaten with fermented fish paste, with Laap, and soup. The bark is used as a condiment.  
Vitamin A, B1, B2, C, and Niacin are contained in new leaves. In the traditional medicine of Thailand, bark is used as a parasiticide. In Cambodia, seeds are used to treat diarrhea, dysentery, and hemorrhoids. It is long held belief that the oil yielded from seeds is a remedy for leprosy.

**Ref. No.**  5, 23, 27, 51

### Bauhinia variegate

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<thead>
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<th>Ban</th>
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<tbody>
<tr>
<td>KH</td>
<td>Cheng koo</td>
</tr>
<tr>
<td>TH</td>
<td>Siao dok khao</td>
</tr>
<tr>
<td>VN</td>
<td>Mong bo soc</td>
</tr>
<tr>
<td>JP</td>
<td>Soshinka</td>
</tr>
</tbody>
</table>

**Order:** Fabales  
**Family:** Fabaceae

**Distribution:** Southeast Asia.  
Feb. 2010 Louang Phrabang, Laos

**Life form:** Shrub or small tree. The leaf shape is like a butterfly with two lobes and veins radiating from the base of the leaf.

**Use:** The flowers are edible when fried. Young leaves, buds, and fruits are also edible. In local medicine, the bark is used to cure wounds. A decoction of any part of the plants is taken against dysentery. It is planted on the roadside or in a garden as an ornamental plant.

**Ref. No.**  27, 42, 45, 46
**Caesalpinia mimosoides**

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
<th>Pinyin</th>
</tr>
</thead>
<tbody>
<tr>
<td>LA</td>
<td>Nam panya</td>
<td>น้ำป่านา</td>
</tr>
<tr>
<td>KH</td>
<td>Puya, Nam puya</td>
<td>น้ำป่าบริاع, น้ำป่านา</td>
</tr>
<tr>
<td>TH</td>
<td>Diep trinh nu, Moc meo</td>
<td>ตี๋ปี่นู, ม็อคเมอ</td>
</tr>
<tr>
<td>JP</td>
<td>Diep trinh nu, Moc meo</td>
<td>ตี๋ปี่นู, ม็อคเมอ</td>
</tr>
</tbody>
</table>

**Remarks**
- **Distribution**: From India to China and Indochina.
- **Life form**: Woody climber. Branchlets densely ferruginous glandular hairy, with curved prickles.
- **Use**: Young shoots are eaten with soup and bamboo dishes. This is popular in the local markets of Laos.
  - In traditional medicine this plant is used as a medicine for blood and dizziness.
  - **Ref. No.**: 7, 48

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**Delonix regia**

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
<th>Pinyin</th>
</tr>
</thead>
<tbody>
<tr>
<td>LA</td>
<td>Hang nok yung, Pang</td>
<td>ฮานนกอญหยง, พัง</td>
</tr>
<tr>
<td>KH</td>
<td>Kroap chukrot, Kngaok barang</td>
<td>โคราป ชูกรง, ถังก้างบารง</td>
</tr>
<tr>
<td>TH</td>
<td>Hang nok yung farang</td>
<td>ฮานนกอญฟารัง</td>
</tr>
<tr>
<td>VN</td>
<td>Phuong vi, Diep tay</td>
<td>푼งวี, ดี้ปย</td>
</tr>
<tr>
<td>JP</td>
<td>Houou boku</td>
<td>ฮูอูบูก</td>
</tr>
</tbody>
</table>

**Remarks**
- **Distribution**: Originating from Madagascar. Planted as street or garden tree in the tropics.
- **Life form**: Tree. 10-20m tall.
- **Use**: In Laos, seeds are eaten as a snack. In Cambodia, the young leaves are sometimes consumed as vegetables.
  - It is supposed that the young leaves are effective against rheumatism.
  - **Ref. No.**: 27
**Leucaena leucocephala**

**Order:** Fabales  
**Family:** Fabaceae

**Distribution:** Native to tropical Central America.

**Life form:** Small tree to 4-8m tall. Often occupying the common and roadside of a village.

**Use:** The young leaves are eaten as salad with fermented fish paste or laap. Young fruits, green seeds are also eaten.

**General info.:** Poisonous amino acid called Mimosine is contained in this plant. There are reports of depilation and poisoning of people and livestock.

One of the 100 world’s worst invasive Alien Species of IUCN.

**Ref. No.:** 6, 10, 16, 18, 27, 45, 46, 47

---

**Neptunia oleracea**

**Order:** Fabales  
**Family:** Fabaceae

**Distribution:** Widely distributed in the tropics.

**Life form:** Floating plant rooted on the ground of shore. It forms the white thick float on the stem. Shoots run on the surface of water.

**Use:** Young shoots are removed and the float is eaten with fermented fish or shrimp paste. It is a popular ingredient in Indochina. It has rich nutrition containing protein, a mineral, and vitamin.

In the traditional medicine of Thailand, sap is used for a throat ulcer and hepatitis, and leaves are prescribed as an anodyne and for fever reduction.

**General info.:** Plants grown in the village reservoir and canals are self-consume or sold at market. Leaves are very sensitive to contact stimulation and will immediately close when touched.

**Ref. No.:** 5, 18, 23, 40, 42, 46, 47
**Senna siamea**

**Order:** Fabales  
**Family:** Fabaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Kheelak</th>
<th>คำอีลัก</th>
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</thead>
<tbody>
<tr>
<td>KH</td>
<td>Angkanh</td>
<td>องกานะ</td>
</tr>
<tr>
<td>TH</td>
<td>Khi lek</td>
<td>ขี้เหล็ก</td>
</tr>
<tr>
<td>VN</td>
<td>Muong xiem, Muong den</td>
<td>Muong Xiêm, Muong đen</td>
</tr>
<tr>
<td>JP</td>
<td>Tagavasan</td>
<td>タガヤサン</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** From India to Indochina, Malesia.

**Life form:** Tree, Up to 30m tall. It is often planted in the garden or wayside.

**Use:** In Thailand and Indochina, young fruits and leaves are eaten as a vegetable. During preparation, the cooking liquid is replaced three times to remove toxins. Fresh leaves and boiled leaves are seen in the local market. In the traditional medicine of Thailand each part of the tree is used. Bark is used for hemorrhoids; leaves are used for calculus; flower buds and young leaves are used as a laxative; sapwood is used to treat a throat ulcer; and heartwood is used as a medicine for gonorrhea.

**Ref. No.:** 5, 17, 18, 37, 42, 47, 48

**Sesbania grandiflora**

**Order:** Fabales  
**Family:** Fabaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Khae</th>
<th>ดอกเตา</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>Ong kie dai</td>
<td>ผักแจ่ได้</td>
</tr>
<tr>
<td>TH</td>
<td>Khae ban</td>
<td>เก้าบ้าน</td>
</tr>
<tr>
<td>VN</td>
<td>So dua</td>
<td>So đũa</td>
</tr>
<tr>
<td>JP</td>
<td>Shiro’gouchou</td>
<td>シロゴチョウ</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** It is considered native to Southeast Asia. It is widely distributed to the tropics.

**Life form:** Small tree, 4-10m tall.

**Use:** Young flowers are used as a vegetable for salads, curries and soups. It is planted in a home garden and it doubles as an ornament tree. Leaves have a medicinal effect against a cold and fever and the bark is used for diarrhea in traditional medicine. Young leaves and tender pods are used as a fodder.

**Ref. No.:** 5, 18, 23, 27, 43, 46, 47, 49
**Sesbania javanica**  
Order: Fabales  
Family: Fabaceae

**Distribution**: From India to Australia through China and Southeast Asia.

**Life form**: Small tree. 1-5m tall.

**Use**: Young flowers are used as an ingredient in soup and omelets. It is popular in Cambodia and south Vietnam, and also seen in Laos. The yellow color of the flower is carotene. The flower is used as food color since carotene is stable with heat.

In traditional medicine, leaves are used for swelling, flowers as a medicine of intestine, and roots for throat ulcers.

**Ref. No.**: 5, 23, 27, 42, 46, 48, 49

---

**Tamarindus indica**  
Order: Fabales  
Family: Fabaceae

**Distribution**: Indigenous in Africa. Widely cultivated all over the tropics.

**Life form**: Tree. Up to 20m tall.

**Use**: The green fruits and flowers may be used for souring soupy dishes of fish and meat. The ripe fruit of the sweet type is usually eaten fresh, whereas the fruits of sour types are made into juice, jam, syrup and candy.

Fruits are used as an antifebrile, a laxative, and an antiscorbutic agent. In traditional medicine mature leaves are used for dysentery, fruit pulp is used as a laxative, and old seeds are used as a parasiticide for children.

Wood is hard and heavy. It is used for productive materials like a cutting board.

**Ref. No.**: 5, 15, 18, 37, 45, 47, 49
# Artocarpus integer

**Order:** Rosales  
**Family:** Moraceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Mi</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>Chompa dok</td>
</tr>
<tr>
<td>TH</td>
<td>Champada, Champedak</td>
</tr>
<tr>
<td>VN</td>
<td>Mit to nu</td>
</tr>
<tr>
<td>JP</td>
<td>Koparamitsu</td>
</tr>
</tbody>
</table>

**Distribution:** From Myanmar to Malesia through Indochina.  
*Jul. 2010 Kampong Chhnang, Cambodia*

**Life form:** Tree. Up to 20m tall. It is same genus of Jack fruits.

**Use:** The fleshy perianths which surround the seeds are eaten fresh or cooked. It is sweet and juicy.

**Ref. No.:** 42, 46, 47

---

# Ficus sp.

**Order:** Rosales  
**Family:** Moraceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Hai</th>
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<tbody>
<tr>
<td>KH</td>
<td>Leap</td>
</tr>
<tr>
<td>TH</td>
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<tr>
<td>VN</td>
<td></td>
</tr>
<tr>
<td>JP</td>
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</tr>
</tbody>
</table>

**Remarks**

**Life form:** Tree.

**Use:** Young leaves are eaten raw with meat.

**Ref. No.:** 12, 27

*Feb. 2010 Pakse, Laos*
### Ficus sp.

**Order:** Rosales  
**Family:** Moraceae  

| LA  | Tour hair  
|-----|------------  
| KH  | Livearom, Lvie dao  
| TH  | Va  
| VN  | Va  
| JP  |  

**Remarks**

**Life form:** Tree.  
**Use:** Fruits are eaten. Some species of *Ficus* fruits are seen in local markets.  
**Ref. No.:** 12, 27

---

### Morus alba

**Order:** Rosales  
**Family:** Moraceae  

| LA  | Mom  
|-----|------  
| KH  | Mon touch, Mon pooh  
| TH  | Mon  
| VN  | Dau tam  
| JP  | Ymama guwa  

**Remarks**

**Distribution:** From Afghanistan to China and Japan through Himalaya region  
**Life form:** Small tree. 3-10m tall.  
**Use:** In the traditional medicine of Cambodia, the leaves are a component of a remedy against the conjunctivitis or wounds. The barks are used as an astringent.  
It is an important sericulture food source.  
**Ref. No.:** 14, 27, 48
### Coccinia grandis

**Order:** Cucurbitales  
**Family:** Cucurbitaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>KH</th>
<th>TH</th>
<th>VN</th>
<th>JP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bah</td>
<td></td>
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</tr>
<tr>
<td>Tamlueng, Khaep</td>
<td>ตีมลึง</td>
<td></td>
<td></td>
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<tr>
<td>Day bat</td>
<td></td>
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<tr>
<td>Yasai’kalasu’uri</td>
<td>ヤサイカラスウリ</td>
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</tbody>
</table>

**Distribution:** Widely distributed in the Old World. From northern tropical Africa to North Australia through India and Malesia.

**Life form:** Climber to 8m long. Fruit is green, grow in rows, and turn bright red when ripe.

**Use:** Young shoots are eaten as a vegetable. It is used for "samla", liquid dishes in Cambodia. The plant is used in traditional medicine for scabies and diabetes.

**General info.:** Popular vegetable in local markets. Usually grown in home gardens and roadside.

**Ref. No.:** 14, 42

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### Cucurbita maxima

**Order:** Cucurbitales  
**Family:** Cucurbitaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>KH</th>
<th>TH</th>
<th>VN</th>
<th>JP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eu, Fak kham</td>
<td></td>
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<tr>
<td>Lpeu</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Fak khiao, Fak thong</td>
<td></td>
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<td></td>
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<tr>
<td>Bi ro, Bi do</td>
<td></td>
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<tr>
<td>Seivou’kabocha</td>
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</tbody>
</table>

**Remarks**

**Distribution:** Originated from America. It was introduced all over the world.

**Life form:** Annual herbaceous climber.

**Use:** All parts of this species are edible except thick stems and old leaves. In the Indochina region, flowers and young leaves are a popular ingredient of dishes. Flowers are eaten raw or with soup.

**Ref. No.:** 14, 27, 42, 46, 48

---
### Luffa cylindrical

**Order:** Cucurbitales  
**Family:** Cucurbitaceae

#### Distribution
Originally in south Asia. Widely cultivated.

#### Life form
Medium-sized climber to 5 m long.

#### Use
Young fruits that appear powdery-white are ready to eat. The photo was taken in Laos, flowers, young leaves, and young fruit are sold at local market.

#### Ref. No.
42

<table>
<thead>
<tr>
<th>LA</th>
<th>Buab</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>No noung moul</td>
</tr>
<tr>
<td>TH</td>
<td>Buap klom, Buap hom</td>
</tr>
<tr>
<td>VN</td>
<td>Muop huong</td>
</tr>
<tr>
<td>JP</td>
<td>Hechima</td>
</tr>
</tbody>
</table>

### Momordica charantia f. abbreviate

**Order:** Cucurbitales  
**Family:** Cucurbitaceae

#### Distribution
The tropics.

#### Life form
Annual herb. Climber. Up to 5 m long.

#### Use
Young leaves and fruits are edible. Boiled young leaves are eaten with fermented fish paste or with soup for the bitter-tasting ingredient. Fruits are eaten raw, stir-fried, or as pickles.

It is a popular ingredient. They are often grown in village clearings, waysides, and home-gardens. It contains a chemical compound called Momordicin which cause bitter-taste. Fruits are prescribed for numerous medicinal uses. In traditional medicine, it is prescribed for diabetes, hepatitis, a knee pain, etc. A decoction of the root is used for allergy.

#### Ref. No.
5, 14, 18, 26, 27, 42, 47, 49

<table>
<thead>
<tr>
<th>LA</th>
<th>Sai</th>
</tr>
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<tbody>
<tr>
<td>KH</td>
<td>Marea</td>
</tr>
<tr>
<td>TH</td>
<td>Mara, Phakhoei, Phakhai, Mahoi</td>
</tr>
<tr>
<td>VN</td>
<td>Muop dang, Kho qua</td>
</tr>
<tr>
<td>JP</td>
<td>Nigauri</td>
</tr>
</tbody>
</table>
### Momordica cochinchinensis

**Order:** Cucurbitales  
**Family:** Cucurbitaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Khao, Kheua, Khai</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>Khao</td>
</tr>
<tr>
<td>TH</td>
<td>Gac</td>
</tr>
<tr>
<td>VN</td>
<td>Gấc</td>
</tr>
<tr>
<td>JP</td>
<td>Namban-karasu-uri</td>
</tr>
</tbody>
</table>

**Distribution:** From India to Malesia through Indochina.

**Life form:** Deciduous woody climber. It climbs up tall trees and fruiting occurs on a high position. It has a tuber in the ground trees. Fruiting on a high position. It has a tuber in the ground.

**Use:** Young fruits, new shoots and flowers are used for an ingredient of curry. Young shoots are cooked with shrimp or meat with oyster sauce. This plant is called "Rice vine". It is used to make red rice for celebration. Red ripe pulp and seeds are steamed with sticky rice.

**General info.:** Since it is rich in lycopene it has antioxidant properties. It is also rich in vitamin A, C, and alpha-linoleic acid.

**Ref. No.:** 14, 42, 46, 47, 49

### Castanopsis sp.

**Order:** Fagales  
**Family:** Fagaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Kaw</th>
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<tbody>
<tr>
<td>KH</td>
<td>Khaos</td>
</tr>
<tr>
<td>TH</td>
<td>Maikou</td>
</tr>
<tr>
<td>VN</td>
<td>De, Kha thu</td>
</tr>
<tr>
<td>JP</td>
<td>Shii-no'mi</td>
</tr>
</tbody>
</table>

**Remarks**

**Life form:** Tree.

**Use:** Nuts are eaten raw, boiled or roasted.

**General info.:** Some big trees are left behind village.

**Ref. No.:** 14, 23, 45
**Ludwigia adscendens**

**Order:** Myrtales  
**Family:** Onagraceae

| LA | Povy nam | ភ្លេងក្សត្រ  
| KH | Komping povy | កំពុងក្សត្រ  
| TH | Phaeng phuai nam | ញំពោះផៃភ្ល  
| VN | Rau dua nuoc | Rau điện nước  
| JP | Ke’mizu-kinbai | ケミズキンバイ

**Remarks**

**Distribution:** Native of continental Asia. Introduced as a weed in tropical Africa.

**Life form:** Perennial herb. It roots on shallow bottom land and elongates stem to the water area.

A stem forms a white float. The stem elongates above the water about 20cm, it opens leaves and white flowers.

**Use:** Young shoots are eaten raw with fish sauce. Not found in markets.

In traditional medicine of Cambodia, Leaves are used as a remedy against the diseases of the scalp.

**Ref. No.:** 10, 27, 46, 47

---

**Terminalia chebula**

**Order:** Myrtales  
**Family:** Combretaceae

| LA | Som mor | สมอไทย  
| KH | Srama | ชมอไทย  
| TH | Samo thai | ชมอไทย  
| VN | Xang, Tieu (ca lich, chieu lieu xanh) | Xàng, Tieux, (cà lich, chiêu liêu xanh)  
| JP | Mirobalan no’ki | ミロバランノキ

**Remarks**

**Distribution:** From the sub-Himalayan region of Nepal and northern India to Indochina.

**Life form:** Deciduous tree. Up to 25 m.

**Use:** The bitter green fruit is eaten raw with roasted fish in Cambodia and eaten raw with Laap in Laos.

The fruit is rich in tannin. Leather tanned with this fruit is soft. The bark produces a gum.

**Ref. No.:** 18, 27, 46 , 47
**Syzygium antisepticum**

**Order:** Myrtales  
**Family:** Myrtaceae

| LA | Samek | ลำตมะมัก |
| KH | Poun | ปู่น |
| TH | Mek, Samet chun | เม็ก, เสม็ดชุน |
| VN | Tram | Trám |

**Remarks**

**Distribution:** From India to Malesia through Indochina.

**Life form:** Tree. Up to 20m tall. This small tree that has grown on a common is used.

**Use:** Young leaves are eaten with Laap in Laos. After eating with oily meat, mouth feels fresh. The bark has been used as a black dye.

**Ref. No.:** 7, 14, 45, 52

---

**Trapa natans**

**Order:** Myrtales  
**Family:** Lythraceae

| LA | Chap | ช่างเรียบ |
| KH | Krochap | ปีบูร |
| TH | Ma ngaeng | มะแง่ง |
| VN | Au nuoc | อาวนอโรค |
| JP | Tou-bishi | トウビシン |

**Remarks**

**Distribution:** Widely cultivated in tropical and subtropical Asia.

**Life form:** Annual herb. Floating leaved plant. Two horn water chestnut. It grows in the slow-moving rivers, lakes, swamps, ponds.

**Use:** Fruits are eaten raw or cooked. In Cambodia the hard pericarp, in infusion, is considered a tonic and febrifuge.

**Ref. No.:** 12, 27, 42, 46, 48, 52
### Bouea oppositifolia

| LA | Phang | ствиефойи |
| KH | Mak prang | 衅箙ผลกระท� |
| TH | Ma pring, Ma yong chit | ะรกี่ |
| VN | Thanh tra, Xoai rung | Thanh trà, xoài rừng |
| JP | Pulam’mangoo | プラムマンゴー |

**Distribution:** Widely cultivated in tropical and subtropical Asia.

**Life form:** Tree. 6-30 m tall.

**Use:** Fruits are sweet and eaten as desserts. Trunk is used to make a valuable varnish and wood is used for supports or pillars.

**Ref. No.:** 14, 27, 42

---

### Spondias dulcis

| LA | Kork | 쿡 |
| KH | Makak | មិក |
| TH | Makok farang, Makok waan | ម្កាវ៉ាក់៥៍ |
| VN | Coc | ក់ |
| JP | Ama’yani-lingo, Tahichi-monbing, Tamago-no-ki | アマヤニリンゴ、タヒチモンビン、タマゴノキ |

**Distribution:** Native from Melanesia to Polynesia. Introduced into all over the tropics.

**Life form:** Tree. 10 - 15m tall.

**Use:** Young leaves and fruits are edible. Fruits are eaten raw with salt and pepper. Ripe fruit is stewed and used for jams, jellies, and juice. The green fruit is used frequently in green salads, curries, and making pickles.

In the traditional medicine of Cambodia, the bark is used against diarrhea. There are diverse medicinal uses of fruit, leaves, and bark in different parts of the world. Its use for the treatment of wounds, sores, and burns has been reported in several countries.

**Ref. No.:** 5, 14, 27, 42, 45, 46, 47
**Spondias pinnata**  
Order: Sapindales  
Family: Anacardiaceae  

<table>
<thead>
<tr>
<th>LA</th>
<th>Kok</th>
<th>มหาวกะ✿ века</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>Mkak prei, Puen si phlae, Pounblay</td>
<td>ពុំនុំ ជិំតូរ៊ៅ</td>
</tr>
<tr>
<td>TH</td>
<td>Ma kok, Kok-mon, Kok khao</td>
<td>មាសក់ ក់ម៉ង ក់ឆារ</td>
</tr>
<tr>
<td>VN</td>
<td>Coc rung</td>
<td>Cốc rừng</td>
</tr>
<tr>
<td>JP</td>
<td>Yani-lingo, Kohaku-monbing</td>
<td>ヤニリンゴ、コハクモンビン</td>
</tr>
</tbody>
</table>

**Remarks**  
**Distribution:** From India to Malesia through Indochina.  
**Life form:** Deciduous tree. 5-25 m tall.

**Use:** Young leaves are eaten raw with fermented fish paste. It is used for Laap and Coi in Laos. Raw fruits are edible but not so popular because of their astringent, acid and turpentine flavor. It is used for a crystallized fruits, jam and ice cream. The trunk is used against the malaria in Cambodia. Medicinally the fruit is used as an astringent, antiscorbutic and it is also used against bilious dyspepsia. The juice is applied against earache.  
**Ref. No.:** 5, 14, 27, 42, 45, 46, 47

---

**Azadirachta indica**  
Order: Sapindales  
Family: Meliaceae  

<table>
<thead>
<tr>
<th>LA</th>
<th>Ka dao, Khom</th>
<th>หารดี</th>
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</thead>
<tbody>
<tr>
<td>KH</td>
<td>Sdau, Salien</td>
<td>นีม</td>
</tr>
<tr>
<td>TH</td>
<td>Sadao, Saliam, Kadao</td>
<td>สาเดา</td>
</tr>
<tr>
<td>VN</td>
<td>Sau dau</td>
<td>Sâu dâu</td>
</tr>
<tr>
<td>JP</td>
<td>Indo-sendang</td>
<td>インドセンダン、ニーム</td>
</tr>
</tbody>
</table>

**Remarks**  
**Distribution:** Native to Indo-Pakistan to Myanmar. It is widely cultivated.  
**Life form:** Tree. Up to 25m tall.  
**Use:** Boiled young leaves and flowers are eaten as bitter-taste vegetable. Fruits are sweet and edible. Mature leaves have anti-diabetic properties. Bark is used like quinine. India extracted a contraceptive ingredient from dried seed in 1994. In the traditional medicine of Thailand, tea made from dried flowers is used for stomach health and used as an antifebrile.  
**Ref. No.:** 11, 21, 27, 41, 42, 45, 46, 47, 49
### Aegle marmelos

**Order:** Sapindales  
**Family:** Rutaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Tum</th>
<th>សមុទ្ធតុទ្ធ</th>
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</thead>
<tbody>
<tr>
<td>KH</td>
<td>Phou</td>
<td>ពូរ</td>
</tr>
<tr>
<td>TH</td>
<td>Matum</td>
<td>ម៉ាទូម</td>
</tr>
<tr>
<td>VN</td>
<td>Quanch, Bau nau</td>
<td>Quách, Bâu nau</td>
</tr>
<tr>
<td>JP</td>
<td>Belu-no-ki</td>
<td>ベルノキ</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** Originated in the India. Cultivated in Indochina and Malesia.  
**Life form:** Tree. Up to 10-15m tall.  
**Use:** Young shoots are eaten as a salad. Ripe fruit is eaten fresh and is also prepared as sherbet, syrup, and jam. The most popular usage is tea made with sliced and dried young fruits. As a medicine, the tea has an effect on chronic dysentery, diarrhea and constipation.  
**General info.:** It is an old cultivated tree in India, particularly found in temple gardens. In Indochina, trees are grown nearby villages.  
**Ref. No.:** 17, 42, 45, 47

### Citrus hystrix

**Order:** Sapindales  
**Family:** Rutaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Khee hoot</th>
<th>សំគ ឈុត</th>
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</thead>
<tbody>
<tr>
<td>KH</td>
<td>Kro sauch</td>
<td>គឺរីសាខោ</td>
</tr>
<tr>
<td>TH</td>
<td>Makrut</td>
<td>ម៉ាក្ងឹត</td>
</tr>
<tr>
<td>VN</td>
<td>Truc, Chanh sac</td>
<td>Trúc, Chanh sát</td>
</tr>
<tr>
<td>JP</td>
<td>Kobur mikan</td>
<td>コブミカン</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** Widely naturalized from Sri Lanka to Malesia through Indochina.  
**Life form:** Tree. Up to 12 m tall.  
**Use:** Leaves are the flavoring ingredient famously called "Bai Makrut" in Thailand. The juice of the fruit is used for seasoning and to prepare drinks. Fruits are used as an insecticide in shampoo and it is also used for treating feet to ward off leech attack.  
**General info.:** Usually it is planted in a home-garden. In Cambodia, the fruit is mixed with lustral water for use in religious ceremonies.  
**Ref. No.:** 12, 27, 42, 45, 47
### Feroniella lucida

**Order:** Sapindales  
**Family:** Rutaceae

| LA | Sang  
| KH | Krasang  
| TH | Ma sang, Mak ka sang  
| VN | Can thang  
| JP |  |

**Remarks**

**Distribution:** Indochina and Java.  
**Life form:** Tree. Up to 25 m tall.

**Use:** The pulp which surround the seeds of young fruit is used as an acid element in Cambodian culinary called "samla mchu". The flowers are also used as vegetables or to prepare some dishes. In traditional medicine, flowers and leaves are used as a medicine which helps digestion. In modern chemistry, some organic compounds are extracted from the root system. Control of cancer cells, anti-malarial activity, and an anti-tuberculosis activity has been reported. The bark is used to make incense sticks in Cambodia.  
**General info.:** It is often seen at local markets in Cambodia and Vietnam.  
**Ref. No.:** 10, 19, 27, 31, 45

### Limonia acidissima

**Order:** Sapindales  
**Family:** Rutaceae

| LA | Ka sang  
| KH | Khvat  
| TH | Ma khwit  
| VN | Quach, Can thang  
| JP | Wood-Apple  |

**Remarks**

**Distribution:** Wilde in India, Sri Lanka, Myanmar and Indochina. Cultivated and naturalized in Malaysia and Indonesia.  
**Life form:** Tree. Up to 12m tall.  
**Use:** The fresh pulp of the ripe fruit is eaten with sugar. It contains rich vitamin and minerals. In traditional Khmer medicine, fruits are used for a heart tonic and pulp is used for gingivitis. Leaves are used for an anti-diarrheal. In the modern chemistry, various components such as alkaloid and a steroid are extracted. It has an anticanceroma activity.  
**Ref. No.:** 17, 27, 28, 45, 46, 47, 52
Murraya koenigii

**Order:** Sapindales
**Family:** Rutaceae

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**Distribution:** From India to Indochina.

**Life form:** Small tree. Up to 4 m tall.

---

**Use:** Leaves are used as condiments. It is used for soup called "Som low" in Cambodia, and the curry of India and Sri Lanka. English name is “Curry leaf”.

One Japanese women scientist who lived in Indochina over the long term said that “Even if the white flowers boiled in soy sauce, it did not lose a scent. It was good side dish.”

In India, it is used as a medicine from B.C.. In the traditional medicine of Cambodia, the bark, root, and leaves are considered invigorating and tonic. The decoctions of leaves are used to bathe children with scabies. Recent scientist reports indicate a decoction of leaves has strong antimicrobial action.

**Ref. No.:** 18, 27, 40, 46, 48

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**Remarks**

Jul. 2010  Kampong Chhnang, Cambodia
**Zanthoxylum sp.**

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>LA</td>
<td>Khane</td>
<td></td>
</tr>
<tr>
<td>KH</td>
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</tr>
<tr>
<td>TH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VN</td>
<td>Hoang moc</td>
<td>Hoằng móc</td>
</tr>
<tr>
<td>JP</td>
<td>Unnan-sansho (cf. 40)</td>
<td>ウンナンサンショウ (cf. 40)</td>
</tr>
</tbody>
</table>

**Life form:** Genus *Zanthoxylum* is shrub or tree. The leaves and fruits of this species looks like *Zanthoxylum ailanthoides* that distribute in Japan. The fruit is about 4mm in diameter.

**Use:** Fruit walls are used as a strong condiment. When the author bit into this fruit, the tongue went numb about 10 minutes. Young leaves are also used as a vegetable with laap or Bamboo shoot.

**General info.:** Literatures shows *Z. rhetsa* and *Z. myriacanthum* and we think this species in the photos may be *Z. myriacanthum* because of the fruit size.

**Ref. No.:** 13, 14, 17, 40, 47, 48

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**Arytera litoralis**

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>LA</td>
<td>Ka duk</td>
<td>คำดึก</td>
</tr>
<tr>
<td>KH</td>
<td>Bei sanlek</td>
<td></td>
</tr>
<tr>
<td>TH</td>
<td>Si puk dong, Kho kam</td>
<td>Trương duyên hai</td>
</tr>
<tr>
<td>VN</td>
<td>Truong duyen hai</td>
<td></td>
</tr>
<tr>
<td>JP</td>
<td>Futago-no-ki</td>
<td>フタゴノキ</td>
</tr>
</tbody>
</table>

**Distribution:** From India to Solomon through China, Indochina and Malesia.

**Life form:** Small tree. 3-10m tall.

**Use:** Young leaves are eaten as vegetable in Laos. The fruits are also edible.

**Ref. No.:** 10, 14, 15, 27, 45, 46
**Nephelium hypoleucum**

**Order:** Sapindales  
**Family:** Sapindaceae

**Distribution:** Indochina.  
**Life form:** Tree. Up to 30m high. It grows in the forest nearby the village.  
**Use:** The acidic fleshy seed coat is edible. The wood is used to make tool handles.

**Ref. No.:** 14, 27

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**Schleichera oleosa**

**Order:** Sapindales  
**Family:** Sapindaceae

**Distribution:** Introduced from Sri Lanka and India to east parts of Indonesia through Indochina.  
**Life form:** Tree. Up to 40m tall. Typically growing near termite mounds. The fruit is reddish yellow, juicy and sour aril.  
**Use:** Young leaves may be eaten as a vegetable in Thailand. The fruit is eaten raw or cooked, but eating too much of it causes stomach ache. Young fruits are sometimes used in spicy papaya salad in Lao. The golden yellow arillus is used to acidulate some liquid dishes, especially spawns "samla" in Cambodia. The seed contain up to 70% oil, called "Macassar oil", which has the reputation of stimulating hair growth. Boiled seed is used to treat back pain and the peel of the fruit is applied to wounds. Bark and stem extracts are used for wounds and to slow down cancer cell growth. The bark is mixed with red ants to treat stomach aches. It has been believed that the bark is an effective remedy against malaria and various inflammations. It was discovered recently that sterol or steroid alcohols in the bark have anti-cancer properties.

**Ref. No.:** 14, 27, 51
**Ceiba pentandra**

**Order:** Malvales  
**Family:** Malvaceae

**Distribution:** Originated from India. Cultivated in tropical South America, Africa and Asia.

**Life form:** Deciduous tree up to 20m tall. Fruit capsule oblong, 12-15 by 3-5 cm, densely silky hairy inside. Seed shape is reniform and color is black.

**Use:** Young flowers and fruits are consumed as vegetables in Cambodia. In the traditional medicine of Cambodia, resin from the trunk is diluted into water. It constitutes a delicious tonic dessert. Bark is used as a medicine for diarrhea. Its cotton is used as contents for bedding or pillows.

**Ref. No.:** 14, 27, 46

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**Hibiscus sabdariffa**

**Order:** Malvales  
**Family:** Malvaceae

**Distribution:** Originated from Africa. Introduced to Pan-tropics.

**Life form:** Annual herb. 0.5-3m tall.

**Use:** Young leaves are used as an acidic ingredient for cooked dishes like Tamarindo soup. Ripe fruits are sour. It is used for jelly, syrup, and juice. In the traditional medicine of Thailand, buds and leaves are used as digestive medicine. A decoction is used to wash a wound. Flowers are effective against fever, cough, and to remove bile. It is supposed that the seed reduces fat in blood.

**Ref. No.:** 6, 18, 46, 47, 49
### Leptonychia heteroclite

**Order:** Malvales  
**Family:** Malvaceae  

<table>
<thead>
<tr>
<th>LA</th>
<th>Wan</th>
<th>ลำตอง</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TH</td>
<td>Wan dam, Wan par</td>
<td>ผักหวานต้า</td>
</tr>
<tr>
<td>VN</td>
<td></td>
<td></td>
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<tr>
<td>JP</td>
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</tbody>
</table>

**Distribution**: From India to Indonesia through Indochina.

**Life form**: Shrub, 1-3m tall.

**Use**: Buds, young leaves, and young fruit are boiled or steamed. It is taken with a fermented fish paste or with Laap. It is also cooked with ant egg, fish, and coconut soups.

In the traditional medicine of Thailand, a root suppresses the work of poison. It is prescribed when one is in ill-condition.

**Ref. No.**: 5, 14

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### Scaphium macropodum

**Order:** Malvales  
**Family:** Malvaceae  

<table>
<thead>
<tr>
<th>LA</th>
<th>Jon, Jon ban</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>Samrang</td>
</tr>
<tr>
<td>TH</td>
<td>Samrong, Phung thalai</td>
</tr>
<tr>
<td>VN</td>
<td>Luoi uoi</td>
</tr>
<tr>
<td>JP</td>
<td>Funemino'ki</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution**: From Indochina to Borneo and Sumatra through peninsula Malaysia.

**Life form**: Tree. Up to 45m tall.

**Use**: The Jelly made from water soaked seed is eaten. In Laos, the dish using this jelly called "Laap mak jon" is considered fine dining.

This jelly is also used as a medicine for the throat.

**General info.**: Seeds are collected from the forest. It is not in the village area.

**Ref. No.**: 12, 21, 27, 33, 34

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**Muntingia calabura**

**Order:** Malvales  
**Family:** Muntingiaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Ta khop</th>
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<tbody>
<tr>
<td>KH</td>
<td>Krakhob</td>
</tr>
<tr>
<td>TH</td>
<td>Ta khop farang</td>
</tr>
<tr>
<td>VN</td>
<td>Trung ca, Mat sam</td>
</tr>
<tr>
<td>JP</td>
<td>Nanyou-zakura</td>
</tr>
</tbody>
</table>

**Distribution:** Originated from West Indies and Mexico. Cultivated in the tropics.

**Life form:** Small tree. Up to 10m tall.

**Use:** Ripe fruit is eaten raw. It is a snack for children. It is not seen in local markets. In the traditional medicine of Cambodia, crushed fresh leaves are applied to bee and wasp stings. Roots are a component of a medicine for some diseases of the liver.

**General info.:** Usually it is planted in front of a house and along the village wayside in the Indochina region.

**Ref. No.:** 14, 17, 18, 27, 46

**Nasturtium officinale**

**Order:** Brassicales  
**Family:** Brassicaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Si sang</th>
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<tbody>
<tr>
<td>KH</td>
<td>Kong kep</td>
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<td>TH</td>
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<tr>
<td>VN</td>
<td>Cai'soong</td>
</tr>
<tr>
<td>JP</td>
<td>Oranda-galashi, Kuleson</td>
</tr>
</tbody>
</table>

**Distribution:** Originated from Europe. Introduced and cultivated in the world.

**Life form:** Aquatic perennial herb. Emergent plant. It grows in shallow water.

**Use:** Young shoots are eaten raw as a salad plant.

**General info.:** Cultivation canals are used for commercial production. Plants that have escaped cultivation canals can be found in the streams or drain canals of a village and are collected by the local people.

**Ref. No.:** 14, 18
**Cleome gynandra**

**Order:** Brassicales  
**Family:** Cleomaceae

**Distribution:** Native to Asia. Widely introduced to the old world and new world tropics.

**Life form:** Annual herb. 15-80cm tall.

**Use:** Leaves are used for a vegetable. It is a bitter-taste ingredient. In traditional medicine, a decoction of the roots is taken as a febrifuge, and used against tuberculosis. The fermented plant is used to sober up, and placed on a tumor to sooth itchiness. Because it has a negative influence on the womb, it is supposed that a pregnant woman must not eat.

**Ref. No.:** 7, 27, 46, 47, 49

**Moringa oleifera**

**Order:** Brassicales  
**Family:** Moringaceae

**Distribution:** Originated from India. Cultivated and naturalized in tropical Asia, Africa and America.

**Life form:** Small tree. Up to 10m tall. Leaves compound, tripinnate, 30-60cm long.

**Use:** Young leaves and fruits are edible. Small leaflets are cooked with soup. Deep fried leaflets are eaten with salt. Young fruits without green peel are boiled or fried. Leaves and fruits are scent? and not spicy. It is rich in vitamins, calcium, and iron.

In the traditional medicine of Cambodia, bark is given as tonic for women to drink after delivery. Ben oil is extracted from the seeds. This oil contains a powerful flocculant that is used to clarify turbid water.

**General info.:** The Ministry of HLW of Japan has called attention to the ingestion of this species; “http://www.mhlw.go.jp/topics/bukyoku/iyaku/syoku-anzen/hokenkinou/4e-3.html” (May 2004).

**Ref. No.:** 27, 40, 42, 45, 46, 48
**Melientha suavis**

**Order:** Santalales  
**Family:** Opiliaceae

**Distribution:** Laos, Vietnam, Cambodia, Malay Peninsula, and Philippines.

**Life form:** Small tree. Up to 10m tall.

**Use:** Young shoots and flowers are eaten as vegetables. This plant is famous in Cambodia as a most delicious of all vegetables. They are eaten cooked in various culinary preparations. It contains rich vitamin C and the protein.

**General info.:** It is seen in the market uncommonly. The Flora of Thailand called attention to the difficulty in identifying *Melientha suavis* without flowers or fruits since similar leaves of other species are sometimes eaten. Thailand reports that poisoning and death may occur if leaves of the widespread *Urobotrya siamensis* are mistakenly eaten.

**Ref. No.:** 14, 27
**Glinus oppositifolius**

**Order:** Caryophyllales  
**Family:** Molluginaceae

### Distribution
The tropics.

### Life form
Annual herb. Stem erect spreading sometime creeping; branches 3-50 cm.

### Use
As a vegetable substitute. The bitter leaves are eaten cooked with meat or fish and for soup. In traditional medicine, the leaves are used to treat headaches and flu as well as digestive-system troubles in Cambodia.

### General info
Grows in open land places which periodically flood, sandy banks, and paddy fields during the dry season. The acridity is quite similar to *Swertia japonica* (Japanese name is Senburi).

### Ref. No.
14, 27

---

**Portulaca oleracea**

**Order:** Caryophyllales  
**Family:** Portulacaceae

### Distribution
The tropics and the sub-tropics.

### Life form
Annual herb, more or less creeping, branching out, 10-30 cm. Grows in waysides and uncultivated places of a village.

### Use
Eaten as a vegetable. The decoction of leaves is absorbed to aid diarrhea.

### Ref. No.
14, 27, 46
### Polygonum odoratum

**Order:** Caryophyllales  
**Family:** Polygonaceae  

<table>
<thead>
<tr>
<th>LA</th>
<th>Peo, Phaew</th>
<th>ชีกแย้ม</th>
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</thead>
<tbody>
<tr>
<td>KH</td>
<td>Krasang tumhum</td>
<td>กิ่งกระสุน</td>
</tr>
<tr>
<td>TH</td>
<td>Phak phai</td>
<td>ผักไฝ</td>
</tr>
<tr>
<td>VN</td>
<td>Rau ram</td>
<td>Rau rám</td>
</tr>
<tr>
<td>JP</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Remarks**
- **Distribution:** Southeast Asia.
- **Life form:** Annual herb. 50 - 80cm tall.
- **Use:** Leaves are used as a condiment. It is strong and pungent. It is eaten raw with meat. It has anthelmintic action.
- **Ref. No.:** 12, 18, 22, 27, 42

---

**Basella alba**

**Order:** Caryophyllales  
**Family:** Basellaceae  

<table>
<thead>
<tr>
<th>LA</th>
<th>Pang</th>
<th>ผักปลัง</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>Chunlueng, Chilong</td>
<td>ชิลลอง</td>
</tr>
<tr>
<td>TH</td>
<td>Plang</td>
<td>พัลลัง</td>
</tr>
<tr>
<td>VN</td>
<td>Mong toi</td>
<td>Mông toi</td>
</tr>
<tr>
<td>JP</td>
<td>Tsulu-murasaki</td>
<td>ツルムラサキ</td>
</tr>
</tbody>
</table>

**Remarks**
- **Distribution:** Introduced to the tropics. Probably from Africa.
- **Life form:** Herbaceous climber.
- **Use:** Leaves and flowers are eaten raw or cooked. It is a daily vegetable with high nutritive value. The seeds yield many things from juice to eye-salve. A tea made from the whole plant is used as a laxative for children and for easing child delivery.
- **General info.:** It is often seen in a home garden, near villages, and old clearings.
- **Ref. No.:** 5, 14, 23, 27, 41, 46, 49

---

Feb. 2010  Thakhek, Laos

Jul. 2010  Kratie, Cambodia
### Amaranthus spinosus

**Order:** Caryophyllales  
**Family:** Amaranthaceae  

<table>
<thead>
<tr>
<th>LA</th>
<th>Houn</th>
<th>Hôm</th>
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</thead>
<tbody>
<tr>
<td>KH</td>
<td>Pti</td>
<td>ឈុត</td>
</tr>
<tr>
<td>TH</td>
<td>Phak khom nam, Phak hom nam</td>
<td>ព្រះជំងឺមាត់, ព្រះជំងឺនារី</td>
</tr>
<tr>
<td>JP</td>
<td>Hali-biyu</td>
<td>ハリピュ</td>
</tr>
</tbody>
</table>

**Remarks**  
**Distribution:** Originated from the new world tropics. Distributed to the tropics and warm temperate regions of the world.  
**Life form:** Annual herb. 40~80cm tall.  
**Use:** Young leaves are eaten as a vegetable or soup. In the traditional medicine of Indochina, roots are used as a diuretic, for gonorrhea, an anti-febrile, and a plaster for wound. Leaves are also used as an anti-febrile, a remedy for poison, a skin emollient, and a galactagogue.  
**Ref. No.:** 6, 14, 18, 25, 27, 46, 47

---

### Amaranthus tricolor

**Order:** Caryophyllales  
**Family:** Amaranthaceae  

<table>
<thead>
<tr>
<th>LA</th>
<th>Hom den</th>
<th>រៀងទឹកខោរ</th>
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</thead>
<tbody>
<tr>
<td>KH</td>
<td>Pti leak</td>
<td>ឈុតក្រដា</td>
</tr>
<tr>
<td>TH</td>
<td>Khom si, Khom khao</td>
<td>ក្រញួត, ក្រញួត</td>
</tr>
<tr>
<td>VN</td>
<td>Đ-en canh, Đ-en tia</td>
<td>Đ-en canh, Đ-en tia</td>
</tr>
<tr>
<td>JP</td>
<td>Hiyu</td>
<td>ヒユ</td>
</tr>
</tbody>
</table>

**Remarks**  
**Distribution:** Cultivated in pan-tropic. Native to India.  
**Life form:** Annual herb. Often much branched, up to 2m tall.  
**Use:** Popular vegetable in local markets. Often cultivated in the home garden as a daily vegetable. Eaten like spinach. Seed contains rich starch.  
**Ref. No.:** 14, 27, 39, 46
**Diospyros decandra**

**Order:** Ericales  
**Family:** Ebenaceae

### Distribution
India, South China, Indochina.

### Life form
Evergreen tree. Up to 20m tall.

**Use:** Fruits are eaten raw. People of Indochina love the fragrance of this fruit.

Leaves, roots, and fruits are used in traditional medicine. Leaves are used as poultice applied on ulcers. Roots are a component of a remedy against the plague and venereal diseases. Fruits are used as vermifuge. Wood is very hard and used in cabinetwork.

**Ref. No.:** 14, 27, 47

---

**Diospyros sp.**

**Order:** Ericales  
**Family:** Ebenaceae

### Remarks

**Use:** Fruits are eaten raw. In February, the fruits were sold at a temporary market along a road in south Laos.

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*Remarks*

*Distribution:* India, South China, Indochina.

*Life form:* Evergreen tree. Up to 20m tall.

*Use:* Fruits are eaten raw. People of Indochina love the fragrance of this fruit.

Leaves, roots, and fruits are used in traditional medicine. Leaves are used as poultice applied on ulcers. Roots are a component of a remedy against the plague and venereal diseases. Fruits are used as vermifuge. Wood is very hard and used in cabinetwork.

*Ref. No.:* 14, 27, 47
**Barringtonia acutangula**

**Order:** Ericales  
**Family:** Lecythidaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Ka don nam</th>
<th>ឈូកដូនណែន</th>
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</thead>
<tbody>
<tr>
<td>KH</td>
<td>Trouy reang</td>
<td>ប្រុកឈូក</td>
</tr>
<tr>
<td>TH</td>
<td>Chik na, Kra don tun, Kra don nam</td>
<td>ជឺកាល</td>
</tr>
<tr>
<td>VN</td>
<td>Chiec, Loc vung</td>
<td>Chiec, Lộc vừng</td>
</tr>
<tr>
<td>JP</td>
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<td></td>
</tr>
</tbody>
</table>

**Distribution:** From Pakistan to Malesia and northern Australia through Indochina.

**Life form:** Tree. 10-25m tall. It grows in swamps, water-banks, and lowlands that get soaked in the rainy season.

**Use:** Young leaves are eaten as salads. It is rich and bitter tasting. It is popular in local markets of Indochina.

The edible part exhibits extremely high antioxidant activity. There are a lot of reports about its medicinal components i.e. an anticancer, antibacterial action, an opioid analgesia agent, and so on. In the local medicine of Cambodia, the bark is said to be efficient against fever, diarrhea, malaria, and gonorrhea. Root is usable in substitution for a cinchona. In Thailand, decoction of bark is used to wash wounds. Fruits are used as a cold medicine.

**General info.:** The dominant species of Lake Tonle Sap.

**Ref. No.:** 6, 7, 8, 9, 17, 27, 47, 49
**Careya arborea**

**Order:** Ericales  
**Family:** Lecythidaceae

**Distribution:** From India to Indochina and Malay peninsula.  
**Life form:** Tree. Up to 20m tall.  
**Use:** Young leaves are eaten as a salad with fermented fish paste or Cheo in Laos and Thailand.  
In traditional medicine, fruits are used for digestion. Seeds are used as antidote for poison and bark is a medicine of diarrhea. Black dye from the bark is is used to wash and bandage ulcerated wounds.  
The bark is used make saddlecloth for elephants.  
**Ref. No.:** 7, 16, 17, 27, 44

**Remarks**

**Camellia sinensis**

**Order:** Ericales  
**Family:** Theaceae

**Distribution:** From India to Indochina and south China.  
**Life form:** Shrub. Up to 15m tall.  
**Use:** Cultivated for conventional tea and fermented tea. Fermented tea leaves are eaten. Fresh leaves occasionally are seen in a local market.  
**Ref. No.:** 14, 26, 27, 46
### Gardenia obtusifolia

**Order:** Gentianales  
**Family:** Rubiaceae

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>LA</td>
<td>See dar par</td>
<td>สดาดีสารบัณฑิต</td>
</tr>
<tr>
<td>KH</td>
<td>Bai remeas , Plae oul</td>
<td>បុរិយារ</td>
</tr>
<tr>
<td>TH</td>
<td>Kramop</td>
<td>กระมอบ</td>
</tr>
<tr>
<td>VN</td>
<td>Danh danh la ta</td>
<td>ต้นอัดฉี่ดำ</td>
</tr>
<tr>
<td>JP</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Life form:** Shrub. Up to 4m tall.  
**Use:** Fruits are eaten raw. It has not been seen in markets but found growing in an empty lot near by a village.  
**Ref. No.:** 12

Jul. 2008  Dong Makkai, Vientiane, Laos

### Morinda citrifolia

**Order:** Gentianales  
**Family:** Rubiaceae

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>LA</td>
<td>Nyor barn</td>
<td>นิอระบารน</td>
</tr>
<tr>
<td>KH</td>
<td>Nho srok</td>
<td>นู้ฮ อสรอค</td>
</tr>
<tr>
<td>TH</td>
<td>Yo ban</td>
<td>โยบาน</td>
</tr>
<tr>
<td>VN</td>
<td>Nhao, Nhau</td>
<td>นิฮอา, นิฮัว</td>
</tr>
<tr>
<td>JP</td>
<td>Yaevama'aoki</td>
<td>ヤエヤマアオキ</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** Native of Queensland. Widespread throughout Southeast Asia.  
**Life form:** Shrub. 4-10m tall. Often cultivated near houses.  
**Use:** Leaves often eaten as vegetables in a special dish, "amok" in Cambodia. Ripe fruits eaten with some salt.  
In traditional, the roots are used as a hypotensive medicine.  
Know as “Noni” in Hawaii: the white ripe fruit is picked, washed, put in a container, and kept in a cool dark place to produce a clear liquid that is consume for medicinal purposes.  
**Ref. No.:** 12, 27, 45, 46, 47

Aug. 2013 Battambang, Cambodia
**Aganonerion polymorphum**

*Order: Gentianales*  
*Family: Apocynaceae*

**Distribution**: Vietnam, Cambodia, Laos.  
**Life form**: Climber. It is grown at a common of village.

**Use**: The leaves and fruits are used fresh in cooking as a substitute for lemon. At the local market in Cambodia, this plant is often seen. Acid ingredient. Elastic stem used as a string.

**Ref. No.**: 14, 27

**Remarks**

Jul. 2010 Kratie, Cambodia

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**Telosma cordata**

*Order: Gentianales*  
*Family: Apocynaceae*

**Distribution**: Origin unknown. Cultivated in India and Southeast Asia.  
**Life form**: Climber.

**Use**: Young leaves and flowers eaten as vegetables in the Cambodia dish “Samla”. The juice of leaves would have curative properties against uterine ptosis.

**Ref. No.**: 27, 42, 46

**Remarks**

Aug. 2013 Ho Chi Minh, Vietnam
**Limnophila aromatic**

**Order:** Lamiales  
**Family:** Plantaginaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>KH</th>
<th>TH</th>
<th>VN</th>
<th>JP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kha yang</td>
<td>M'orm</td>
<td>Ka phrao yai, Khayaeng</td>
<td>Rau om, Ngo om</td>
<td>Shiso-kusa</td>
</tr>
</tbody>
</table>

**Distribution**: From India and Sri Lanka to Indochina, southern China, Japan, Taiwan, throughout Southeast Asia and northern Australia.

**Life form**: Annual herb, 30-100cm tall. Emergent plant.

**Use**: The young shoots are used to flavor some dishes, in particular "samla" in Cambodia and "Somtam" Papaya salad in Thailand and Laos.

In traditional medicine, stems and leaves are components of an antispasmodic remedy. The sap of leaves is used to clean wounds, and a decoction of the leaves is given for fever. It is used as a purgative. It is supposed that pregnant woman must not eat.

In external use, stalks and leaves mixed with wood ash and common salt make a cosmetic for face-care.

**Ref. No.**: 5, 14, 18, 27, 46, 47, 52

---

**Ocimum tenuiflorum**

**Order:** Lamiales  
**Family:** Lamiaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>KH</th>
<th>TH</th>
<th>VN</th>
<th>JP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ee too</td>
<td>Mrua prau</td>
<td>Ka phrao</td>
<td>Huong nhu</td>
<td>Kami-mebouk</td>
</tr>
</tbody>
</table>

**Distribution**: Native to tropical Asia. Introduced to the tropics.

**Life form**: Herbaceous plant. 30-60cm tall.

**Use**: The leaves are used for flavoring “Chan kdao” in Cambodia. It is cultivated especially for the mucilaginous seeds, which is soaked in water to make a soft drink.

In traditional medicine, the seeds would facilitate delivery.

**Ref. No.**: 12, 27, 46, 47
**Markhamia stipulate**

**Order:** Lamiales  
**Family:** Bignoniaceae

**Distribution:** From south China to Indochina.

**Life form:** Small tree. Up to 15m tall.

**Use:** Flowers and young fruits are edible. Young fruits are boiled after burning the hair of the surface. It is eaten with Laap. This plant is a bitter ingredient. Since flesh corollas are collected in the early morning, the flowers are seen only in the morning market.

Bark is used as a medicine in Laos.

**General info.:** The meaning of “khae hang khang” in Thai is a tail of guenon.

**Ref. No.:** 14, 41, 51, 52
**Oroxylum indicum**

*Order:* Lamiales  
*Family:* Bignoniaceae

<table>
<thead>
<tr>
<th>LA</th>
<th>KH</th>
<th>TH</th>
<th>VN</th>
<th>JP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Linmai</td>
<td>សុគ្រោះទឹក</td>
<td>Pika, Sroum dau</td>
<td>អេស្រោងសុទ្ធ</td>
<td>Nuc nac</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** From Nepal and Bhutan to Java, Sumatra and Philippines through Indochina.

**Life form:** Small tree. Up to 12m. Length of fruit is 60-100cm. When fruit is ripe, a sheath rolls back open. Seeds with a thin wing are launched gliding.

**Use:** After roasting young sheath, the burnt skin is stripped, it is then washed with warm water and sliced thinly. It is eaten with fermented shrimp paste, Laap, or soup. Young leaves and flowers are boiled and eaten with chili paste in oil.

Flavonoid is contained in a leaf and a seed. It has inflammation, allergy, a free radical, and oncostasis effect. A seed is the material of a Chinese medicine which serves to cure an ulcer.

In traditional medicine of Cambodia, they are used to treat diarrhoea and dysentery. In Thailand, decoction of seeds are used as a cough medicine.

**General info.:** Locally cultivated near human settlements or home gardens.

**Ref. No.:** 5, 14, 15, 18, 21, 23, 26, 27, 47, 48, 49
**Radermachera ignea**

*Order: Lamiales*
*Family: Bignoniaceae*

**Distribution**: South China, Burma, Laos, and Vietnam.

**Life form**: Evergreen tree, 6-15 m high. Corolla orange, tubular-funnel-shape.

**Use**: Flowers are used as an ingredient in soup.

**Ref. No.**: 14, 17

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**Hydrolea zeylanica**

*Order: Solanales*
*Family: Hydroaceae*

**Distribution**: S. China, Burma, Laos, and Vietnam.

**Life form**: Annual herb. Emergent plant. 10-60cm tall.

**Use**: The young shoots are consumed as vegetables and sometimes sold at markets.
In the traditional medicine of Cambodia, leaves are prescribed for intestinal tumors.

**Ref. No.**: 14, 27, 46
**Solanum capsicoides**

Order: Solanales  
Family: Solanaceae

**Distribution:** Originally from coastal Brazil. Now commonly naturalized in the tropics and the subtropics.  
**Life form:** Perennial herb. 1.2m tall.

**Use:** Fruits are eaten with papaya salad. It is used to make pickles in Thailand. This fruit softens an astringent taste. Root is used as an antitussive and is effective in controlling blood fat.  
**General info.:** The meaning of “Kheun” in Lao is a strong smell. It is planted in the home garden or the circumference of a settlement.  
**Ref. No.:** 7, 12, 46, 47, 52

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**Solanum torvum**

Order: Solanales  
Family: Solanaceae

**Distribution:** Originally from South America. Now commonly naturalized in the tropics.  
**Life form:** Perennial herb. 2-3m tall. A fruit is 8-10mm in diameter. Flower is white.  
**Use:** It is an essential ingredient in Thai curry and many dishes in Indochina. It also eaten raw with paste. It has a subtle bitter taste. In the traditional medicine of Thailand, the fruit is used as an emulgent, antitussive, and digestant. Squeezed leaves are used to stop bleeding.  
**General info.:** It is planted in home gardens. Plants that grow on the wayside or a common are used.  
**Ref. No.:** 18, 26, 27, 46, 49, 52
**Solanum stramoniiifolium**

*Order:* Solanales  
*Family:* Solanaceae  

**Distribution:** Originally from Amazon. Commonly in Indochina.  
**Life form:** Perennial herb. Up to 2m tall. Fruit 2-3cm in diameter, covered by densely hairs. Flower is white or purple.  
**Use:** The ripe fruits are used for papaya salad. The fruits are used as juice that has a flavor similar to peach and tomato. It is also eaten raw. In Laos, it is a ingredient in Cheo dip sauce. It contains vitamin C.  
**General info.:** Sometimes, the hair removed fruits are sold in the market.  
**Ref. No.:** 7, 49

**Remarks**

**Distribution:** Widely cultivated in tropical Asia.  
**Life form:** Perennial herb. 1.5m tall. The Color of flower is purple. The fruit is 6mm in diameter.  
**Use:** Young fruit is eaten with fermented fish paste, Laap, and Coi. It contains vitamin B.  
In the traditional medicine of Thailand, it has effect against diabetes, food poisoning, and fever.  
**General info.:** This fruit looks like *S. torvum*. An identifying point in a market is the purple color of flower, the small size of fruit and arrangement of fruits. The fruits are attached equals right and left of the scape lengthwise. The meaning of “khom” in Lao and Thai is bitter.  
**Ref. No.:** 7, 46, 48, 49
**Ipomoea aquatic**

**Order:** Solanales  
**Family:** Convolvulaceae  

<table>
<thead>
<tr>
<th>LA</th>
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<th>ដែន្ទុះ</th>
</tr>
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<tbody>
<tr>
<td>KH</td>
<td>Trow kun sor</td>
<td>ទឹកូវី្</td>
</tr>
<tr>
<td>TH</td>
<td>Phak bung</td>
<td>កំរើ្</td>
</tr>
<tr>
<td>VN</td>
<td>Rau muong</td>
<td>Rau muóng</td>
</tr>
<tr>
<td>JP</td>
<td>You’sai, Kuu’shin’sai</td>
<td>ヨウサイ, 空心菜</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** Native of tropical Asia. Cultivated in the tropical and sub-tropical region.

**Life form:** A perennial or sometimes annual. It roots in the ground at the shallow end or banks of a pond or canal. Hollow stems become elongated on the water surface or ground.

**Use:** Young shoots are eaten raw or cooked. It is a very popular daily vegetable in Asia. There are various recipes. There is commercial cultivation for urban communities. In the local area, plants growing in village canals or ponds are used.

In the traditional medicine of Cambodia, shoots are the component of a remedy against Delirium and its associated high fever. The buds are used to make a paste for herpes.

**General info.:** There is a legend that forgetfulness will occur if taken too much.

**Ref. No.:** 5, 10, 18, 46, 49

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**Ipomoea batatas**

**Order:** Solanales  
**Family:** Convolvulaceae  

<table>
<thead>
<tr>
<th>LA</th>
<th>Man darng, Man thet</th>
<th>មានឈូរុះ, មានូរះ</th>
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</thead>
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<tr>
<td>KH</td>
<td>Domlong, Damloong chhie</td>
<td>ដំឡូងជ្វា</td>
</tr>
<tr>
<td>TH</td>
<td>Man thet, Mak oi</td>
<td>មានូរះ, មានូរះ</td>
</tr>
<tr>
<td>VN</td>
<td>Rau lang, Khoai lang</td>
<td>Rau lang, Khoai lang</td>
</tr>
<tr>
<td>JP</td>
<td>Satsuma’imo</td>
<td>サツマイモ</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** Originated from South America.

**Life form:** Annual herb.

**Use:** A root tuber known as Sweet potato. Not only the root tuber but also young shoot is eaten in Indochina.

**General info.:** It was the vegetable of which it replaced Yam and Taro in Indochina in the 16th century.

**Ref. No.:** 14, 27, 42, 46
**Acmella paniculata**

**Order:** Asterales  
**Family:** Asteraceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Khaat</th>
<th>ข้าตตก</th>
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</thead>
<tbody>
<tr>
<td>KH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TH</td>
<td>Khrat, Khrat phawen</td>
<td>ผักกระดั่ง</td>
</tr>
<tr>
<td>VN</td>
<td>Cuc ao</td>
<td>Cúc ảo</td>
</tr>
<tr>
<td>JP</td>
<td>Sennichi’modoki</td>
<td>センニチモドキ</td>
</tr>
</tbody>
</table>

**Remarks**

**Distribution:** Originated from America. Naturalized to the Asia tropics.

**Life form:** Annual plant. 50-100cm tall. It grows in the wayside, fields, and village commons.

**Use:** Young leaves and flowers are eaten raw with paste as a salad. It is used for curry or Laap. It contains rich minerals, calcium, iron, and vitamins A, B, and C. Medicinal component are also rich in the flower, leaf, and root. Since spilanthol is contained in a flower, it has a paralysis action. In the traditional medicine of Thailand, the root is used as a purgative and flesh leaves have an anti-inflammatory effect.

**Ref. No.:** 5, 12, 22, 26, 40, 46, 48, 49

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**Gnaphalium sp.**

**Order:** Asterales  
**Family:** Asteraceae

<table>
<thead>
<tr>
<th>LA</th>
<th>Kath khao, Kev</th>
<th>สะกอทรายโคก</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VN</td>
<td>Khue vang, Khue te</td>
<td>Khúc vàng, Khúc té</td>
</tr>
<tr>
<td>JP</td>
<td>Hahako-gusa</td>
<td>ハハコグサの仲間</td>
</tr>
</tbody>
</table>

**Remarks**

**Life form:** Annual plant. 10-20cm tall.

**General info:** It is seen rarely at a local market in Laos.

There is a new year custom of using this plant in Japan. "Nanakusa-Gayu" is the porridge which uses seven ingredients of wild herbs and is eaten by the Japanese on the 7th of January. The seven bitter plants used are: *Oenanthe javanica, Capsella bursa-pastoris, Stellaria media, Lapsanastrum apogonoides, Brassica rapa, Raphanus sativus, and Gnaphalium affine.*

**Ref. No.:** 12, 18
### Hydrocotyle verticillata

**Order:** Apiales  
**Family:** Araliaceae

| LA | Boua bok, Nok |
| KH | Waen kaeo |
| TH | Rau ma la sen, Rau ma nhat |
| VN | Uchiwa-zenikusa |

**Remarks**  
**Distribution:** Originated from north America.  
**Life form:** Perennial. Emergent plant. Leaf stem attached center of leaf.  
**Use:** Leaves are eaten as a vegetable. Since Lao name of this plant is same as *Centella asiatica*, this plant is probably used similarly.  
**Ref. No.:** 12, 46

Feb. 2010 Savanakhet, Laos

### Trevesia palmate

**Order:** Apiales  
**Family:** Araliaceae

| LA | Deua |
| KH | |
| TH | Tang luang |
| VN | Nhat phien, Thoi hoang, Du du rung |
| JP | Ally of Nanyou-yatsude |

**Remarks**  
**Distribution:** From India and South China, Myanmar to Indochina.  
**Life form:** Small tree. Up to 5m.  
**Use:** Young flowers are eaten at the end of the rainy season. It is used as bitter ingredient for spicy curry.  
It is known as the popular ornamental plant named “snow flake”  
**General info.:** There is no record of cultivation of this plant.  
**Ref. No.:** 15, 17, 48, 49

Feb. 2010 Louang Phrabang, Laos
**Anethum graveolens**

*Order: Apiales*

*Family: Apiaceae*

**Distribution:** Europe, Mediterranean area, SW. Asia.

**Life form:** Annual herb. 50-100cm tall.

**Use:** Leaves are used as a vegetable. It is an ingredient in the hot and strong flavored curry named “Kaeng Lao”. It is popular in the local market.

**Ref. No.:** 14, 42, 46, 47

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**Centella asiatica**

*Order: Apiales*

*Family: Apiaceae*

**Distribution:** Tropical and subtropical regions of the world.

**Life form:** Perennial creeping herb.

**Use:** Leaves are consumed as vegetables. Raw leaves are used as salad with fermented shrimp paste. It is eaten with noodles, curry, Laap, and Coi. Extracted leaves are used to make a fresh juice. It has the invigorating scent peculiar to Apiaceae.

It has been known as a medicinal plant since early times. Sap of leaves has an antimicrobial property. It clarifies the blood and is well known also for treating cough and tuberculosis. It is known to have both sedative and moral stable actions.

**Ref. No.:** 5, 14, 18, 27, 40, 45, 46, 47
**Coriandrum sativum**

**Order:** Apiales  
**Family:** Apiaceae

**Distribution:** Europe, Mediterranean, Asia. Cultivated in the tropics and sub-tropics.

**Life form:** Annual herb. 50-100cm tall.

**Use:** The fruit is commonly used as a condiment and the leaves as a garnish or salad. The leaves or the entire young plants are popular as a culinary herb and vegetable in Southeast Asia. The oil extracted from the seeds can be efficient against cough and invigorating.

**Ref. No.:** 7, 14, 27, 45, 46, 47

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**Eryngium foetidum**

**Order:** Apiales  
**Family:** Apiaceae

**Distribution:** Tropical America, introduced to East and Southeast Asia.

**Life form:** Perennial herb. 6-35cm tall.

**Use:** Leaves and flower buds are aromatic and smell like coriander. It is used as a condiment in soups, noodle, and fish dishes.

**General info.:** It is popular in the local market. It is grown in a home-garden and a village common.

**Ref. No.:** 7, 14, 27, 45, 46, 47
**Spirogyra spp.**

**Order:** Zyg nematales  
**Family:** Zyg nemataceae

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**Remarks**

**Life form:** Algae in the fresh water. Fine green line has no branch and it feels slimy, the possibility of spirogyra is high.

**Use:** It is eaten in soup, as well as with Kaeng and Laap. It is also eaten raw or boiled with Thai salad. It is slimy like seaweed in texture when put into soup. It contains vitamin A and calcium. It is used as a medicine to reduce cholesterol, as an iodine supplement, and as a laxative. In traditional medicine, it is supposed that it should not be eaten since it is thought to cause internal bleeding in elderly people.

**General info:** It grows in canals, ditches, and pools. It is used as a cooking ingredient only when grown in clean water. In the Xaythany district of Vientian prefecture, Tao taken from a village pond was sold to the market. There are some villagers who cultivate it in a small pond for self-consumption during the dry season. Tao is a plant which photosynthesizes although there are no leaves, stems and roots.

**Ref. No.:** 1, 7, 24, 49, 50
**Cladophora spp.**

**Order:** Cladophorales  
**Family:** Cladophoraceae

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<tr>
<th>LA</th>
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<td>JP</td>
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<td>カモジシオグサ</td>
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**Remarks**

**Distribution:** All over the world.

**Life form:** Algae. 0.1mm in diameter and 1m in length.

**Use:** Mixed Khai phene and seasonings are extended like a sheet and dried. The dried Khai phane sheets are fried quickly in oil. It has a crispy texture and flavor and is well matched with boiled rice.

**General info:** It starts to elongate in the dry season when the river water level is down and water becomes clear. Khai phane is a main food source for the Mekong giant catfish (*Pangasianodon gigas*) which is an indigenous and endangered species of Mekong river. Khai phane belongs to the plant group which photosynthetizes.

**Ref. No.:** 1, 2, 3, 24, 50

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Feb. 2010  Louang Phrabang, Laos  
Feb. 2010  Thin Hong, Louang Phrabang, Laos  
Feb. 2010  Louang Phrabang, Laos  
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