



Heir  
Tom  
Balak  
2010

# Specialty Vegetables



## Smart Gardening Conference

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Richard Molinar

UCCE Fresno

# Fong Farms



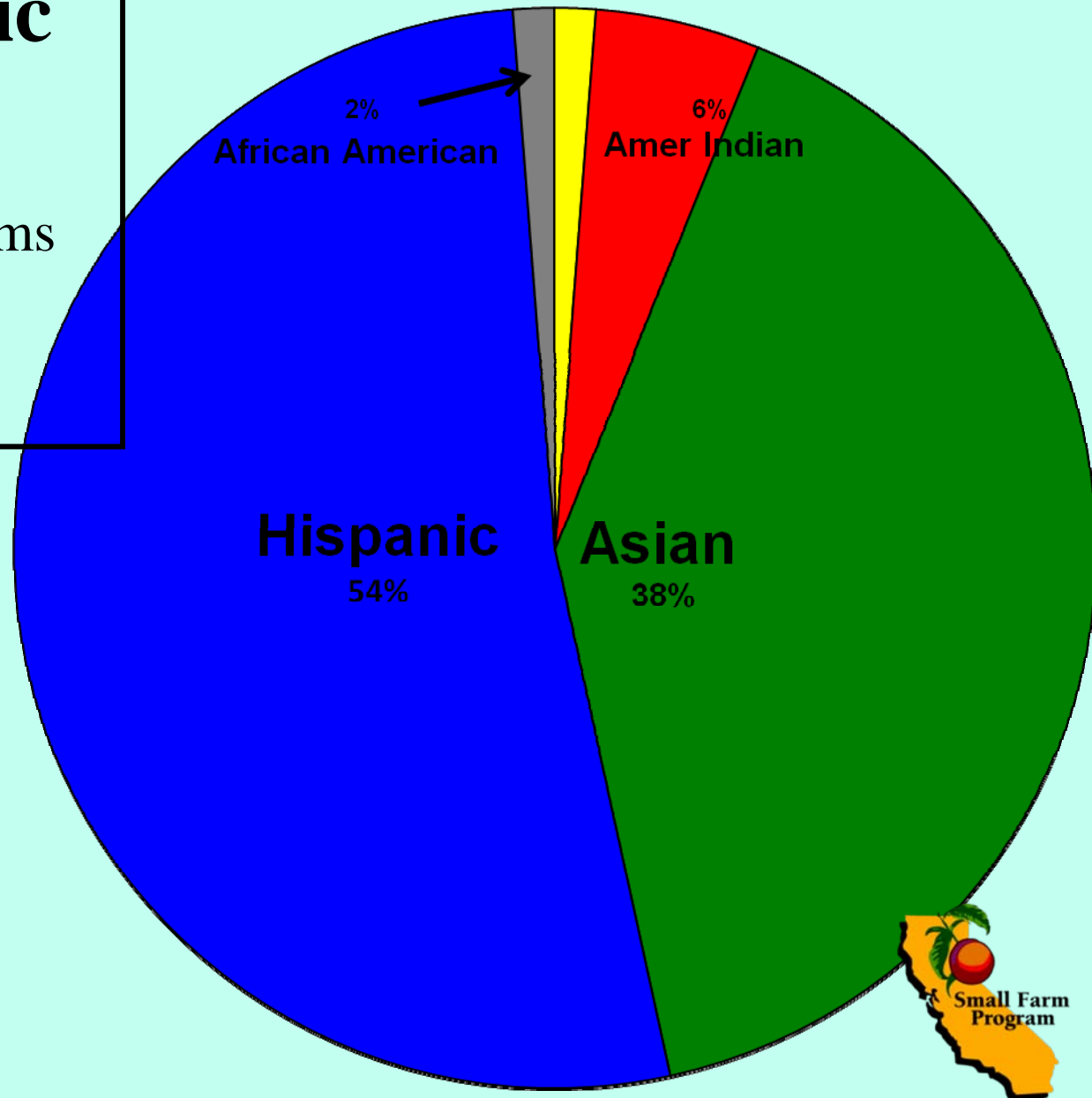
# UC Cooperative Extension

- “Cooperative Extension is the primary educational unit of UC’s Division of Agriculture -founded in 1913, and is supported by county, state, and federal governments”

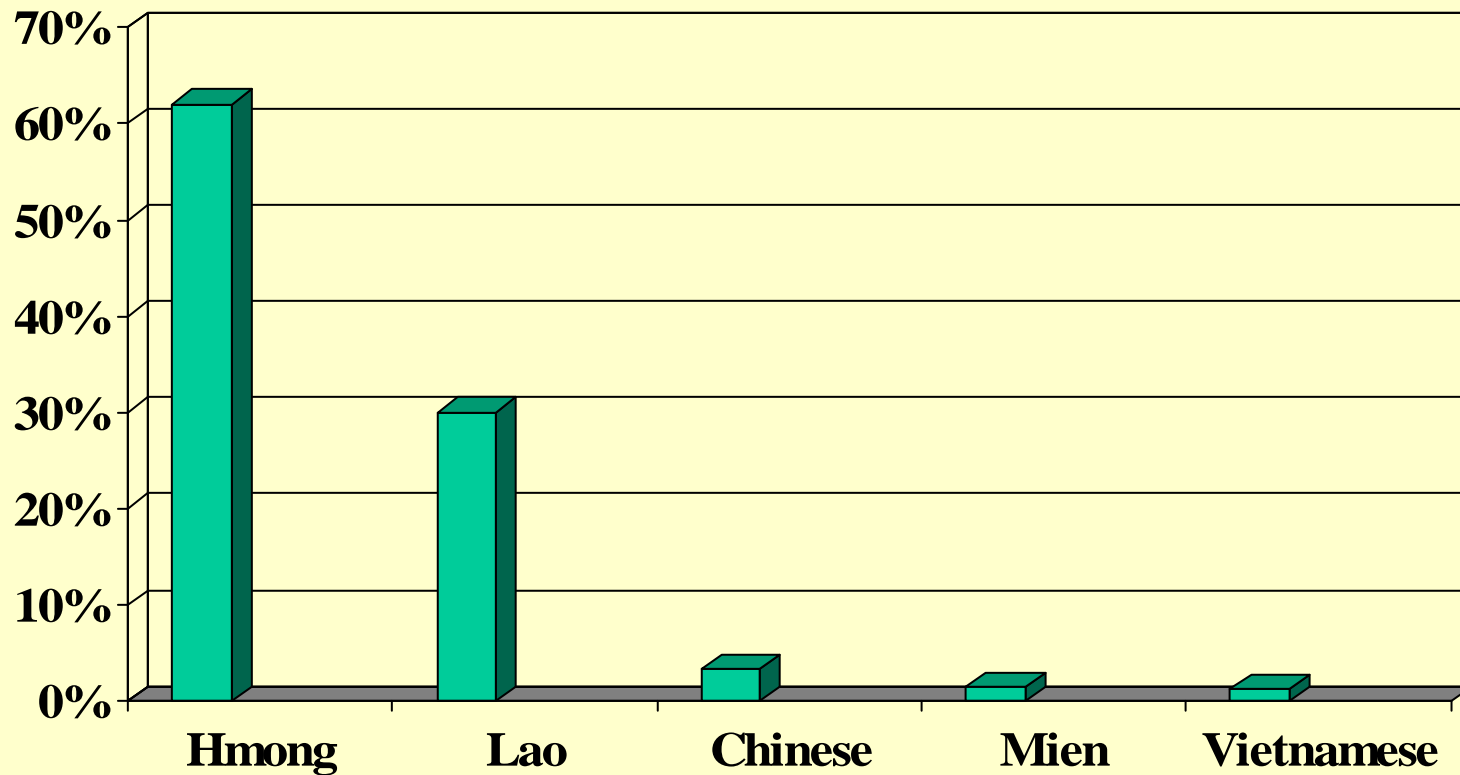
# Fresno Ethnic Diversity

(almost 1/2 of small farms are minority operated)

**Ag Census 2007**



# SE Asian Vegetable Farmers in Fresno -759 Asians



# Extended family picking beans



**Lemongrass, *Cymbopogon citratus***  
**Monocotyledoneae – Gramineae**

stir fry or tea, tender perennial, 10-month crop



# Multiplier Onions, *Allium fistulosum* Monocotyledoneae – Amaryllidaceae

milder than bunching onions, perennial



# Prickly Pear Cactus, *Opuntia spp.*

## Cactaceae family

huevos con nopales, salsa, tacos de nopales, dye



Tuna -fruit



nopales



Cochineal scale - dye



# Jujube, *Ziziphus jujube* Rhamnaceae Family

Chinese date (fresh or dried), medicinal, small trees, no pests



# What is:

- Open Pollinated (OP)
  - Seeds that are pollinated naturally, same plant
  - “come true” to type year after year (same traits)
  - Can save seed
  - Be careful though it wasn't cross-pollinated
    - Squash plants nearby
- Hybrid (F-1)

# What is:

- Hybrid (F-1)
  - First generation hybrid between male + female
  - Seed cannot be saved
  - So male and female parents must be crossed each time new seed is needed.
  - Started in the 1960's

# What is:

- Heirloom:
  - Open pollinated, not a hybrid
  - Old-time varieties prior to 1950
  - Examples:
    - Brandywine tomato
    - Kentucky wonder beans
    - Lemon cucumbers

# Purslane, *Portulaca oleraceae*

## Portulacaceae Family

fresh in salads, soups, stews



# Ceylon (Malabar) Spinach, *Basella alba/rubra* Basellaceae Family

(verdolaga) Succulent mature leaves in soups and stews



# Water Spinach, *Ipomoea aquatica*

## Convolvulaceae Family

hollow stems, aquatic tender perennial



**Thai Pepper, *Capsicum annuum***  
**Solanaceae Family**

Considered some of the hottest peppers



# Eggplant, *Solanum melongena* / *torvum* / *integrifolium*

## Solanaceae Family

Many different kinds – Thai, Hmong, Chinese, Japanese, Filipino, Italian, bitter, bunching





Hmong

# Eggplant

Indian



Thai - good, sweet

# What is Genetic Engineered (GE) Squash

- A similar term is GMO (genetically modified)
- Home gardeners will not find it in seed packets

But shoppers may be buying vegetables/food GE

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Transfer of genes between organisms not sexually compatible OR mechanically transferring genes

- Sweet corn with BT
- Alfalfa tolerant to Roundup®
- Squash with virus resistance

? QUIZ ?

## Solanaceae Family

bitter, cultivated, and used in soups with meat, in stores



**Methi, Trigonella foenum-graecum**

**Leguminosae (Fabaceae Family)**

(fenugreek) an herb or spice. East Indian



# Long Beans, *Vigna sesquipedalis*

## Leguminosae Family

Asparagus or yardlong beans; dark or light green, mosaic, or red



# Snow Peas, *Pisum sativum*

## Leguminosae Family

Grown for either edible pod (trellised) or stem tips (untrellised), but not both



# Bittermelon, *Mormodica charantia*

## Cucurbitaceae Family

Trellised for fruit, untrellised for tips, fruits & tips, bitterness (quinine) increases with age, pests?? nema



# Snake Gourd, *Trichosanthes anguina*

## Cucurbitaceae Family

Flowers are delicately trimmed, fruits turn red if overripe



# Sinqua (Luffa), *Luffa actuangula/cylindrica* Cucurbitaceae Family



Trellised, mature dry cylindrica makes luffa scrubber, both make excellent squash



# Opo, *Lagenaria siceraria* Cucurbitaceae Family

fruits are smooth and hairless, tips also eaten



**Moqua, *Benincasa hispida* var. *chiehqua***  
**Cucurbitaceae Family**

fruits are hairy and acquire a white waxy coating when mature, eaten immature



# Donqua, *Benincasa hispida*

## Cucurbitaceae Family

Chinese wintermelon, up to 30 pounds, untrellised





Daikon = Chinese Radish  
sweeter

**Other Crops – daikon, Chinese cabbage, gailon,  
Mustard, Choys (bok, you, gai)  
Cruciferae Family**



# Crops with Potential

*Papaya (-salad), sugarcane (fresh, rum), water chestnuts (plastic lined trenches), galangal, taro, bamboo, edamame, Kabocha, chayote (fruit & tips)*





# Where to get unusual seeds

- Renee's Garden <http://www.reneesgarden.com>
- Johnnys Seeds <http://www.johnnyseeds.com>
- Evergreen Seeds <http://www.evergreenseeds.com>
- Redwood Seed Co <http://ecoseeds.com>
- Kitazhara Seed <http://www.kitazawaseed.com>
- Harris Seed Co <http://www.harriseseeds.com>
- Territorial Seed Co. <http://www.territorial-seed.com>

# Where to get unusual Seeds

- The Cooks Garden <http://www.cooksgarden.com>
- Nichols Garden <http://www.pacificharbor.com/nichols>
- Richters Herbs <http://www.richters.com>
- Seeds of Change <http://www.seedsofchange.com>
- Mountain Valley <http://www.mountainvalleygrowers.com>
  - Squaw Valley

# Asian Markets In Fresno

## • STORES

- Golden Apple - 4905 E Kings Canyon 255-8422 (near Winery Ave)
- Golden Bowl - 1221 N First 485-5593 (NW Corner Olive & First)
- Asia Supermarket - 4818 E Tulare 252 -7025 (SE corner Chestnut/Tulare)
- TC Meat Market – 4790 E Belmont 453-1066 (Belmont/Chestnut)
- Bingo Market - 2143 E. Belmont 498-0857 (Belmont & Fresno Streets)
- Rasmey Market- 4597 E Tulare St 456-4533 (corner Maple / Tulare)
- Doughboy Donuts - 4575 E Kings Canyon 252-4255 (Kings Canyon and Maple)
- Fresno Food Mart - 1047 N Fresno St 266-1393 (corner of Fresno and Olive)
- Food Empire - 4109 N Clovis Ave 294-1430 (SW Clovis and Ashlan)

# Asian Restaurants in Fresno

- **RESTAURANTS**

Hmong Food Express	4305 E Tulare	367- 1688 (near Cedar)
BK Asian Kitchen	1276 North 1st Street	237-3918 (near McKinley)
Pho Phuong Nine Restaurant –	4903 E Kings Canyon Rd	454-1762 (and Winery)
Mr Papaya Kitchen	4903 E Kings Canyon Rd	453-0709 (Winery, Asian Village)
May's Cafe	2327 N Fresno St	225-7990 (at Clinton and Fresno St)
Lao Café 2	3255 N Cedar	243-7099 (between Shields and Fountain)

# Squirrel stew with eggplant & Sichuan pepper

- ✓ Clean 1 tree squirrel, soak in beer for 2 hrs.
- ✓ Add sautéed garlic, lemongrass, chili, galangal, ginger, fish sauce –simmer 10 min.
- ✓ Add okra, eggplants, basil, Sichuan pepper – simmer 10 minutes
- ✓ Add culantro, cilantro, boxthorn, onions, mint – cook 10 more minutes
- ✓ Serve with warm rice



Source:

“Cooking from the Heart” <http://www.hmongcooking.com>

# Other Asian Recipes – with nutritional info \*\*\*\*

Fuzzy gourd stuffed with pork and mushrooms

Chinese wintermelon chicken soup

Bittermelon stir fry

Opo and beef

Luffa and prawns

Chinese long bean tofu soup

Snow pea daikon salad



Hyacinth bean soup

Lemongrass chicken soup

Marinated Japanese eggplant

Spicy shrimp & bok choy noodle soup

Strawberry spring rolls

Field of Greens salad

