

cilantro

zaub txhwb



Hmong Varieties:

Indian Summer, Purple Heirloom

Most identifiable by its purple stems, tiny white/lilac flowers, and strong fragrance.

Wisconsin Seasonal Availability:

June to October

Where to Purchase:

Purchase at local farmers markets, flea markets where there are Hmong produce vendors, and sometimes at Hmong grocery stores.

How to Store: Store in the refrigerator.

Prep: Rinse under cold water and eat the leaves.

Although not as commonly eaten, the stems can be added to broths or marinades to add fragrance and flavor to a dish.

Taste: Fragrant, tender, and slightly floral

Traditional Preparation: Top off any dish as a vibrant garnish. Green onions and cilantro are a common pairing.

I tried it!:



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winter squash taub



Hmong Varieties:

Kabocha, Calabaza, Hubbard, Buttercup, Bonbon, Blue Prince, and Long Island Cheese

Wisconsin Seasonal Availability:

September to December

Where to Purchase:

Purchase at local farmers markets, flea markets where there are Hmong produce vendors, or at some grocery stores that sell international produce.

How to Store: Somewhere cool, dry, and away from direct sunlight if the skin is still on. If skin has been removed, store it in the refrigerator.

Prep: Rinse the whole squash under water to ensure it is clear of all dirt and debris. After cutting the squash into segments, carefully remove the skin from the flesh before cooking.

Taste: Slightly sweet, earthy, and nutty

Traditional Preparation: Cut the squash into cubed pieces and then boil it in water until the squash is fork-tender. This dish is consumed as a soothing tea/soup.

**I tried
it!:**



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cucumber dib



Hmong Varieties:

Calypso, Burbee, Bush, Spacemaster, Straight Eight, and Hmong Red Cucumber

Hmong Red Cucumbers get their name from their unique and bright red/orange color when fully ripened!

Wisconsin Seasonal Availability:

July to October

Where to Purchase:

Purchase at local farmers markets, flea markets with Hmong produce vendors, and sometimes at Hmong grocery stores.

How to Store: Store in the refrigerator.

Prep: Rinse under cold water and peel off the thick outer skin. Avoid eating the large and thick seeds in the center.

Taste: Fragrant and crisp. Hmong Red Cucumbers, on the other hand, will also be tart and refreshing.

Traditional Preparation: Hmong cucumbers can be peeled and sliced into rounds. Avoid eating the hard seeds, although tender seeds can safely be consumed.

**I tried
it!:**



green beans

taum



Hmong Varieties:

French green beans, Romano beans, Chinese Yard-Long beans, Purple beans, and Rattlesnake Pole beans

Wisconsin Seasonal Availability:

July to September

Where to Purchase:

Purchase at local farmers markets and flea markets with Hmong produce vendors, Hmong grocery stores, and grocery stores with a vast selection of global foods.

How to Store: Store in the refrigerator.

Prep: Rinse under cold water and cut off the ends. If the fibrous string along the bean is thick, it can also be peeled and discarded.

Taste: Earthy and slightly sweet

Traditional Preparation: Boiled with nothing but water for a soothing, palate-cleansing tea/soup. No seasonings are used for this kind of dish. The dish literally translates to “bland vegetables.”

I tried it!:



mustard greens zaub ntsuab



Hmong Varieties:

Green Wave, Florida Broadleaf, Tendergreen, Choi Sum, and Komatsuna

Wisconsin Seasonal Availability:

June to October

Where to Purchase:

Purchase at local farmers markets and flea markets with Hmong produce vendors, Hmong grocery stores, and grocery stores with a vast selection of global foods.

How to Store: Store in the refrigerator.

Prep: Thoroughly rinse under cold water and cut off the stem and base.

Taste: Slightly peppery and bitter. When cooked, they can have a savory and earthy flavor (depending on variety).

Traditional Preparation: Boiled mustard greens with pork and lemongrass. Another popular way to consume mustard greens is to pickle them!

**I tried
it!:**



round zucchini taub nkaub qe



Hmong Varieties:
Cue Ball and Round de Nice

Wisconsin Seasonal Availability:

July to September

Where to Purchase:

Purchase at local farmers markets, flea markets where there are Hmong produce vendors, or at some grocery stores that sell international produce.

How to Store: Somewhere cool, dry, and away from direct sunlight if the skin is still on. If skin has been peeled, store in the refrigerator.

Prep: Rinse under cold water and cut off the tops and bottoms. The seeds are edible if they are soft and tender to the touch.

Taste: Slightly sweet and tender. There may be a slight crisp to the bite if the zucchini was harvested while still young.

Traditional Preparation: Quickly stir-fried with some garlic and salt (oyster sauce optional).

**I tried
it!:**

