FAMINE FOODS

Listed in the

CHIU HUANG PEN TS'AO

救 荒 本 草

Giving their Identity, Nutritional Values and Notes on their Preparation

By

Bernard E. Read

Henry Lester Institute of Medical Research

Shanghai

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PREFACE

CONTENTS OF MONOGRAPH. The text of the FAMINE HERBAL with regard to the preparation of the various plants as foods has so much repetition, rather than give a translation of this Herbal, it was considered of greater value to list the contents in their original order, giving:

1. The Chinese name.
2. The botanical identity citing the authorities consulted.
3. The English name with reference to a detailed botanical description.
4. The chemical analysis when known.
5. Notes upon the use of the plant as food in other countries.
6. General information with their abbreviated references given below.

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Other references are found in the above texts.

Bernard E. Read.
1320 Peking Road, West,
Shanghai.

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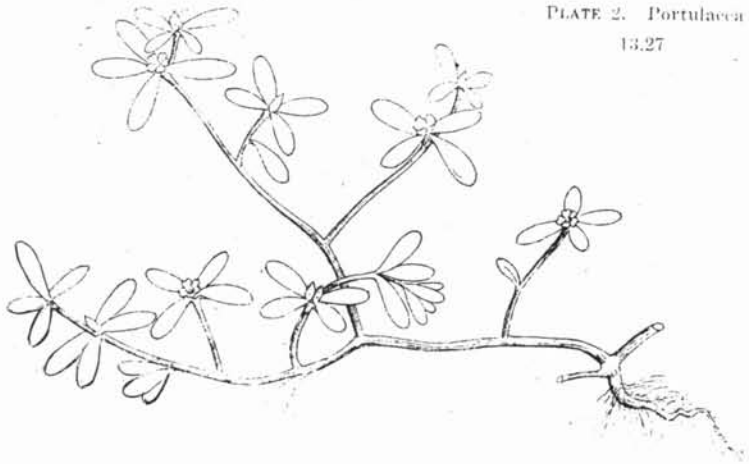
PLATE 1. Red Amavanth

14.3

PLATE 2. Portulacca

13.27



One of the great disasters that arise out of all big wars is a shortage of food. Men who go to war are drawn in many cases from the farming classes and there is a shortage of man power in the cultivation of crops and in the care of flocks of animals providing man with food. Then in the warring areas there is destruction of crops, the commandeering and killing of farm animals and the eating up of all food resources. During war all available means of transport are usually devoted to promoting war and even where there is an abundance of food, the means of transporting it to needy areas are not available. This state of affairs continues as one of the dreadful aftermaths of war, so that today in many parts of the world there are starving millions. In China we have reports of such from Honan, Hunan, N. Kiangsu and Kwangtung.

In a relatively small well administered country like the United Kingdom of Great Britain, besides purchasing food from other parts of the world, everyone is encouraged to develop vegetable gardens, from which a considerable amount of food is obtained to supplement that provided through the usual channels and Britain fortunately has escaped the ravages of war on her territory. In China with its great trek to the West of millions of its inhabitants there is now a return of these people to their original homes which in many cases have been so devastated there is not a vestige of food, of farming implements or stock, their houses are gone and their menfolk may be dead, wounded or still involved in civil war.

Such utter destitution in a land which has so persistently been scourged by famines, flood, epidemics and war is so extreme it beggars the imagination and people with comfortable incomes in good homes with ample food do not realize the awful suffering endured by a large part of their fellow human beings.

What is the remedy? There are two aspects of the subject, namely future prevention and the immediate need. In India with its many famines it was a byword that transportation cures famine. In normal times when the world produces an abundance of food, this has meaning, but now

when ships have been sunk, railroads torn up, roads bombed and all types of vehicles are scarce, even the fine efforts of UNRRA to distribute food are in many cases at a standstill or so thwarted by circumstance that distribution is ineffective. The International Famine Relief Association of China has done excellent work for decades to remove the causes of famine, especially in North China where many roads have been made, land irrigated, crops improved, wells dug, orchards developed and by many other means. We still have famines and their immediate need of relief. In the reports from the famine areas we read of the wild plants eaten by the sufferers. The people have naturally turned to such natural resources as were available, even turning to a meal of China clay which will relieve the pangs of hunger.

It is commonly said that China has vast undeveloped natural resources. This is true. It not only applies to her mineral wealth it applies to everything. Of the 2 million chestnut trees reported to exist in Chekiang and Kiangsu only a minute fraction of the nuts reaches the Shanghai markets at absurdly high prices. They should care for the nutritional needs of quite a number of the population, they were the basic food of the old Roman armies, standing storage well, and providing a high calorie diet. Another natural resource which could be developed far more is the wealth of fish in our seas and rivers. Pheasants, partridge and wildgame, deer and hare should be collected and offered more extensively for sale. Even these things are beyond the reach of the empty handed starving peasant and their only resources are the wild plants and trees about them to which they naturally turn to sustain life. The investigating teams who have gone into China's famine areas have brought back samples of the barks, leaves, roots and seeds eaten by these famine sufferers, for appraisal of their food value. In many countries this might have presented an impossible task, however China with its centuries of famines has produced a Famine Herbal dealing with its edible wild plants.

THE FAMINE HERBAL. In the beginning of the 15th century Chou Ting-wang 周 定 王 compiled the Chiu-Huang Pen-ts'ao, a treatise upon plants fit for food in times of famine. Chou lived at Kaifengfu, Honan from 1382 to about 1400 and then moved to Yunnan, where he died in 1425. The

original edition was in 2 volumes, a later edition of 4 volumes compiled by his son Chou Hsien-wang appeared in 1559, this is the edition now current.

This work for the most part is an original compilation based on the author's own experience in Kaifeng of the flora in the districts south of the Yellow River and the Mi Hsien and Hui Hsien areas north of that river.

This Herbal describes in all 414 plants, 138 of which were recorded in earlier works on Materia Medica, 276 being new. There an five classes, herbs 245 kinds, trees 80, cereals 20, fruits 23 and vegetables 46. These are 15 groups according to the part used; leaves 237 kinds, fruits 61, leaves and fruits 43, roots 28, roots and leaves 16, roots and fruits 5, roots and shoots 3, roots and flowers 2, leaves barks and fruits 2, stems 3, shoots and fruit 1; total 414.

In 1881 the great botanist Dr. Bretschneider made a study of this book and identified 176. With the help of all the more recent botanical studies we now have identifications for 358, all except 56; for there is given not only the name and a brief description but each plant has a full-page original woodcut, superior to those given in the Herbals. Bretschneider remarks on the excellency of these drawings made when engravings on wood were unknown in Europe. The earliest woodcuts of plants in Europe are said to be those of Cunrat von Megenburg in his Buch der Natur published in Augsburg in 1475.

To appraise the relative food value of the various things described one may first take those indigenous or naturalized to China, wild forms of which are said by the author to grow in his district, Honan, cultivated forms of which are well known in modern Chinese diet. There are at least 73 of such which include:—*Roots and tubers:* the yam 2 kinds, arrowhead, taro, lily root, water-chestnut, water calthrop, lotus seed and root, foxnut root and seed, 6 kinds of onions and garlic; and bamboo shoots. *Grains, seeds and nuts:* buckwheat with the leaves and shoots, Indian rice with the shoots, sesame with pod leaf and stems, knife-bean whole plant, kidney bean whole plant, cowpea whole plant. *Fruits;* wild cherries 2 kinds, mulberry, jujube 2 kinds, rose hips and leaves, red haw, fig, raspberry, winter cherry, wild pears 3 kinds, walnut,

persimmon, date-plum, grapes 2 kinds, plum, prune, Japanese apricot, apricot, peach, quince, pomegrante. *Flowers:* yellow lily with leaf and shoot, wisteria, chrysanthemum with leaf. *Leaf and other vegetables:* colza, fennel, amaranth 2 kinds, lettuce 2 kinds, chard, alfalfa, mint, celery, aster, garland chryanthemum, water celery, tea, cedar shoots, kuku vine, loofah, bitter gourd, leek, ciboule, shepherds purse. The nutritional values of these are given in Shanghai Foods and other standard publications upon nutrition, though little is known in most cases about the nutritional value of the stems and leaves of the grains and legumes. Indian rice *(Zizania)* is cultivated for its succulent stem as a vegetable and in Chinese cultivation is seldom allowed to seed. The wild plants yield a grain, now becoming quite popular in the diet in the United States, which has greater food value than ordinary rice, the proteins being of better quality and the content of vitamin B_1 is greater.

There are 16 others well known in the dietary of Europe or Japan, watercress, salsify, wasabi, garden cress, udo root, honewort, sawa millet, burdock, cornel cherry, poppy seed, hemp seed, sow thistle, purslane, dandelion, shallot and lamb's quarters, for which the nutritional values are known. Then there are a number of plants which were once used and their names in English indicate appreciation of their nutritional qualities, such as the star-wort, the suffix wort being applied in old English to edible herbs. The detailed nutritional values of the majority of the leaf vegetables recommended is not known, confirmation of their value as foods has been made in many cases by reference to the food habits of other, particularly adjacent, countries where in some cases they appear as market vegetables.

Watt in the Dictionary of the Economic Products of India gives a list of 280 plants used as famine foods. Some of these are identical with those listed here. With no analyses given it is impossible to know their exact nutritional value. However ones doubts regarding the possible deleterious effects of some are removed when it is known that they are commonly used elsewhere. Domestic medicine in the various Asiatic countries credit them with such remarkable therapeutic properties and some are known to be closely allied to toxic species it is

important that assurance of their unharmful nutritional status be established. For instance the seeds of the calthrop *(Tribulus terrestris)* are accredited in Chinese Medicine with abortifacient action and are recommended for many kinds of serious diseases including leprosy. Actually they are quite inert and formed the chief food supply during the great Madras famine. The sea-blites *(Suaeda sp.)* are bland plants and according to Watt constitute the most valued famine food of India, yet one species *S. fructicosa* is listed as an emetic in Ayurvedic medicine. These ideas in old domestic medicine are very unreliable and cannot be taken as an index of a plant's real value. In many other cases we have evidence of the use of a plant as a common cattle fodder, which is good evidence of the absence of deleterious principles and of probable nutritious value in the human dietary.

There is in some cases a definite question of the reliability as a food of the plant mentioned. For instance poke root (6.5) is extremely poisonous, in spite of drastic boiling of the sliced root and soaking in changes of water, it is liable to be toxic. On the other hand the toxic properties of raw taro is well recognised and it is ordered to be well cooked, by which method the toxic effects are definitely removed

As a famine dietary the articles listed in Chou's Famine Herbal require considerable study. The larger half are leaves, of which one would have to eat an impossible amount to provide even a subsistence diet. One requires about 20 lbs of cabbage to yield 1500 calories for a survival diet. Hence whilst the leaves provide an excellent source of the protective elements, the vitamins and salts, the more important items are the roots, grains, seeds and legumes. Of the roots the following calorific values are known, for 100 grams (3½ ozs) lily roots 140, black leek 340, ground pear 159, yam 89, taro 78, shallot 89, ciboule 28, cattail 98, Kudzu 121, water chestnut 89, lotus 48, gobo 124.

Of the grains listed the best are:—Indian rice 439, adlay 375, sawa millet 375, buckwheat 325, jute 326 and short millet 270. Two types of acorns, washed free of the bitter principle which is apt to cause diarrhoea, are highly nutritious yielding over 350 calories per 100 grams of the shelled kernels. The oily seeds of plants have high value:—walnut 720, sesame

690, poppy 579, elm 472, perilla 525, cocklebur 507, hemp 380; and the starchy seeds of others are good, such as water calthrop 318, dried lotus 340, dried foxnut 352. There are a number of others of which analyses have not been made. The figures quoted for the standard quantity of 100 grams indicate that with the average value of 300 calories, about 1 lb. of any one of these foods will provide about 1500 calories enough for a survival diet. Other sources of starch rich foods are seen in the flag root, bindweed root, calthrop seed, cowherb seed, gourd root, lambs quarters seed, etc. There is a species of so called "ground pear" *(Apios)* used in Central Europe as a substitute for potatoes which yields 117 calories per 100 grams. Among the legumes there are the wild forms of the broad bean calorie value 97, soya bean 440, mung bean 345, sword bean 360, hyacinth bean, 333, and cowpea 338, standard articles of diet yielding many calories and essential proteins. Beside these are listed the beans of *Dumasia, Desmodium, Indigo* and *Cassia* of unknown value. Two types of wild pea, *Lathyrus* species, can only be taken in small amount with other foods, eaten to excess they cause paralysis of the legs, a disease called lathyrism..

The fruits as a class only yield about 50 calories per 100 grams but they are rich sources of the protective elements, vitamins and salts. Beside the commoner well known fruits; the fig, jujube, red pruit, pears, mulberry, cherries, persimmon, grape, plum, quince, apricot, peach, pomegranate etc. there is the date-plum, a small sugary persimmon yielding 163 calories, the cornel cherry, viburnum fruit, scissor berry, brambleberry, raisin tree (Hovenia), hackberry, paper mulberry, Ichang gooseberry and others. Of these about the most widespread and plentiful is the jujube or Chinese date which can be dried and used through the winter.

The very limited season during which fruits are available makes it essential for the chief source of the protective elements to be dependent on the numerous leafy vegetables. Among these a certain number stand out as of particular value for their nutritional qualities and for widespread occurrence all over the country as common weeds, available in quantity for the picking and lasting through the larger part of the year.

Dandelion eaves have been used all over the world since ancient times, cultivated in many places they develop large leaves. They have good quality protein and mineral salts, the lime and phosphorus being superior to spinach, lettuce or marigold and the magnesium better than lettuce and cabbage. They contain the essential heavy metals, iron, copper, manganese and zinc. They are rich in vitamin C.
Shepherd's purse sold in the regular market as a good substitute for spinach is similar to the dandelion in nutritional qualities but is even richer in iron and vitamin C and contains similar amounts of vitamin A and B. Rich in lime.
Plantain leaves when young are another palatable substitute for spinach. The spikes of seeds when ripe are as rich in vitamin B_1 as rice polishings.

The amaranths are far superior to spinach being exceedingly rich in vitamins A and C and are a good source of B_1. The iron and lime are unusually good.

Lambs quarter's, which is widespread, characterised by its erect stem over a foot high, bearing pale bluish green smooth leaves with a white mealy dust on the undersurface. Of the same botanical family as spinach and chard its protective elements are superior, 2 ounces contain more vitamin C than the average orange.

Sow Thistle, a tall hollow stemmed thistle with toothed leaves, is rich in vitamin C and is used in salads all over the world.

Alfalfa has more good protein than any other leaf vegetable, and it is rich in vitamins A, C and E and has a medium amount of B_1. The young plant is a regular Shanghai market article and the mature plant one of the best cattle foods, brought to China B.C. 96 by General Chang Ch'ien with the Arabian horses he presented to the Emperor. Other good greens plentiful as weeds are the purslane, sorrel, chickweed, boxthorn, dayflower, peppergrass and pennycress and many others.

When people are faced with death from starvation they naturally turn to whatever can be eaten to sustain life, taking the barks of trees, wild roots and weeds to meet their needs. It is astonishing what can be obtained just from the common

trees and plants of the countryside. The Elm common all over the country has a most nutritious inner bark, the seeds yield 531 calories per 100 grams and the leaves can be eaten. The chief problem is the preparation of these unusual foods in palatable form, digestible and acceptable to the consumer. One could sustain life with about ¾ lb. of any of the oily seeds such as poppy or perilla but so much oil would produce an indigestible meal. The starchy seeds are digestible but in general not so widespread, and the same is true of the wild cereal grains. The oaks provide an abundance of acorns but the tendency if eaten regularly to produce diarrhoea offsets their value.

Actual famine cuts across the established food habits of a community. Partial famine and a general shortage of food in the world also compels people to turn to unusual foods. Experience has shown that people can adapt for their use many of the wild plants growing in profusion at their doors. Circumstances during the war years have compelled communities all over the world, internees, migrant groups, military outposts and people in derelict areas to adapt themselves to whatever food was available. Critical studies of some of these groups has brought out a hitherto neglected factor in nutritional studies, name the degree of acceptability of the food as prepared under prevailing circumstances. Many of the cases of malnutrition appearing in internment camps resulted not from lack of food but a refusal on the part of the individual to eat all of the foods provided. So besides the excellent work done by such men as Chou Ting-wang in showing what big resources are available in the wilds, we very greatly need elaboration of his work to show how these foods can be put together to make attractive meals, meals adequate in calorie intake for a subsistence diet and meals adequate in vitamins and salt to protect people from the diseases of malnutrition resulting from an unbalanced diet.

PLATE 3. Capsella bursa-pastoris
14.27

PLATE 4. Chenopodium album, L.
12.20

PLATE 5. Thlaspi arvense, L.
14.8

PLATE 6.
Lepidium virginicum
3.9

PLATE 7. Taraxacum officinale, Web.
14.17

PLATE 8. Sonchus oleraceous, L.
13.26

PLATE 9.
Plantago major, L.
1.11

PLATE 10.
Commelina communis, L.
2.6

1.1 野生萵 （劉寄奴） YEH SHENG CHIANG.

Senecio palmatus, Pall. (M. Ch. SD) RAGWORT.

Some of the ragworts contain toxic alkaloids. This species is apparently as harmless as the edible golden ragwort. As with all this group of leafy vegetables it is ordered that they be thoroughly boiled, the bitter taste removed with repeated washing and then eaten with oil and salt. *Leaf.*

1.2 刺薊菜 （青刺薊，千針草，小薊） T'ZU CHI TS'AI.

Cnicus japonicus, Maxim. (M. P.) CAT-THISTLE. Porter 214.

Su Sung (11th cent.) says, in the spring the young leaves with the roots are used for food and considered very palatable. Bret. 160, used all over China. *Shoot, leaf.*

1.3 大薊 - TA CHI.

Cnicus Spicatus, Maxim (M. SD. BR.) TIGER-THISTLE.

The root is considered deleterious, but the leafy shoots have a natural sweet taste and are said to be excellent eating. *Shoot, leaf.*

1.4 山鬼菜 SHAN HSIEN TS'AI.

Achryanthes bidentata, BL. (M. P.)
and *A. Aspera*, L. （百倍，脚斯躄，對節菜，牛膝）
CHAFF-FLOWER. Porter 62.

Cultivated in North China and Szechuan for food, Li Shih-chen. In the Moluccas the young leaves are served as a spinach, Burkill 33. The Herbal says the root is poisonous but the leafy shoots are edible. *Shoot, leaf.*

1.5 款冬花 K'UAN TUNG HUA.

（橐吾，顆凍虎鬚蒐奚，代冬蜂斗菜，水平菜，鑽凍）

Tussilago Farfara, L. (M. H. Ch.) COLTSFOOT. Bailey 749.

The young leaves after boiling are washed to remove the bitter taste due to the presence of tannin, and are then eaten with oil and salt. They are rich in mucilage which accounts for their use in domestic medicine as a demulcent, United States Disp. p. 1375. The bitterness is also due to the presence 2.63% of a glucoside. The ash 3.4% is rich in zinc. *Leaf.*

1.6 蓄蓄 （萹竹） PIEN HSÜ.

Polygonum aviculare, L. (M. Br. Ch.) KNOTWEED.
GOOSEWEED.

This is known in Germany as Homeriana-Thee or Weidermannscher-Thee. Like China tea it contains tannin, but the flavour is supported by 2 to 2½% of sugar and a volatile oil with a little resin and wax. The herb yields 2.44% of ash unusually rich in zinc. The fresh plant contains 87% water, (Wehmer 278). *Shoot, leaf.*

1.7 大藍 （菘藍，馬藍，蓼） **TA LAN.**

Isatis tinctoria, L. (M. Br.) DYER'S WOAD. PASTEL. B313.

The character of its leaves accounts for the name *sung lan* "cabbage indigo", they contain indican from which indigo is made. They are said to be nonpoisonous. *Leaf.*

1.8. 石竹子 **SHIH CHU TZU.**

（瓦句麥，大菊大蘭杜母草，麥麥蒴麥）（瞿麥）

Dianthus superbus, L. (M. Br. Ch. SD) PINK B263.

Li Shih-chen says it is commonly called *Lo yang hua* from Lo Yang in Honan, the young plant being eaten when cooked. The pinks contain saponins, which are apparently nontoxic. *Shoot, leaf.*

1.9. 紅花菜 （黃藍）（紅藍花） **HUNG HUA T'SAI**

Carthamus tinctorius, L. (M. Ch. BN) SAFFLOWER B792.

It says that an edible oil can be expressed from the seeds, 25%. The leaves are said to be sweet and nonpoisonous; eaten as a spinach in N. W. India. *Leaf.*

1.10. 萱草花 （川草花，鹿蔥，宜男） **HSUAN T'SAO HUA.**

Hemerocallis fulva, L. (M. Br. Ch.) ORANGE DAY LILY. B172.
This may also apply to *H. flava* and other species.

The flowers are rich in vitamin A and have some vitamin B_1. The dried produce sold on the market, *huany hua ts'ai*, contains 9.3% protein, 25% fat 0.9% ash and 60% carbohydrate rich in sugar. There is no data regarding the leaf and shoot. Yuan Hu says the flowers, leaves and shoots are all excellent vegetables. The root can be made into a flour for making cakes. The hill people depend on this plant greatly as a food. In the author's time the literati at the Capital ate the shoots as a delicacy. The leaves are sweet. The flowers eaten by pregnant women are said to guarantee a male child. *Flower, Leaf. shoot, root.*

1.11. 車輪菜 **CH'E LUN T'SAI.**

（當道，車苜，蝦蟇衣，牛衣，勝烏菜，馬鳥，牛舌草）（車前子）

Plantago major, L. (M.P.) PLANTAIN Porter 182.
var. *asiatica*, DC. (Br. Ch. Wilson. BN).

The seeds are unusually rich in vitamin B_1, and are used by the Chinese in Malay for making cooling jellies. The leaves are well known as a vegetable, the thinner leaves of the Chinese varieties being more palatable than the tough ones of the common plantain found all over the world. The fresh plant contains 81.4% water, 2.7% protein, 0.4% fat, and 2.2% ash; in the ash is 0.46% potassium making the plant somewhat diuretic. The leaves also contain an astringent principle *aucubin* (Wehmer 1145), and a small amount of vitamin C. *Shoot, Leaf.*

1.12. 白水莊苗 **PAI SHUI HUNG MIAO.**

（鴻薔，紅，箭古，薦，遊龍）（葒草）

Polygonum orientale, L. (M. Br. Ch.) PRINCES FEATHER. B245.

Li Shih-chen says the seeds are cooked for food. The young shoots are a standard vegetable in Indo-China. They have a saline taste. Dragendorff says the leaves are smoked like tobacco. They are recommended boiled washed and eaten with oil and salt, or steamed. *Shoot, Leaf.*

1.13. 黃耆 **HUANG CH'I**

戴椹，獨椹芰棄獨脂，百本，王孫綿黃耆）

Astragulus hoantchy, Franch (M. H.) YELLOW VETCH.
(and *A. Henryi*, Oliv.)

These shoots are sweetish in taste and are considered of tonic value, known colloquially as "mutton". The young leafy shoots were cultivated as a vegetable in the 16th. century. Li Shih-chen. *Shoot, Leaf.*

1.14. 威靈仙 （能消） **WEI LING HSIEN.**

Clematis chinensis, Retz. (M. H. Ch.) CLEMATIS. B277.
and Allied Species.

Said to be incompatible with tea and wheat flour. Some species contain irritant poisons, this which is said to be nonpoisonous must be like the nontoxic species eaten in India as a famine good. The root of the above species is used as a medicine in China. *Leaf.*

1.15. 馬兜鈴 （雲南根，土青木香） **MA TOU LING.**

Aristolochia debilis, S. & Z. (M. Ch.) BIRTHWORT. HORSE-BELL.

The birthworts usually have poisonous roots and stems. This is said to have nonpoisonous leaves. *Leaf.*

1.16. 旋覆花 **HSUAN FU HUA.**

（戴椹，金沸草，盛椹，金錢花覆，盜庚）

Inula britannica, L. (M.P. Ch.) ELECAMPANE. Porter 200.
and *I. chinesis* Rupr.

The leaves are bitter and cooling. The flowers are said to be slightly toxic. *Leaf.*

1.17. 防風 **FANG FENG.**

（銅芸，茼草百枝，昇風，簡根，百蚩，又名石防風）

Siler divaricatum, Bth. & H. (M. Br. Sd. BN. Ch.) BOFU.

The young leaves were gathered for food in the second moon in Kiangsu and Anhui in the 16th. century, Li Shih-chen. The seeds and roots are considered deleterious. Leaf:—protein 1.67, fat 0.29, chhyd. 4.7, ash 1.25%. An article of Japanese diet. *Shoot, Leaf.*

1.18. 鼠尾苗 **YU CH'OU MIAO.**

（益母，益明，大札，貞蔚薙）（荒蔚子）（雅臭棱）

Leonurus sibiricus, L. (M. BN) MOTHERWORT. BN 807.

The leaves contain leonurin, 0.5 fatty oil, 5% ash. They have a sweetish taste and are nonpoisonous. *Shoot, Leaf.*

1.19. 澤漆 （漆莖，大戟苗） **TSE CH'I**

Euphorbia helioscopa, L. (M. Ch. SD.)

SUNSPURGE. WARTWEED Porter 122.

In Malaya the Chinese make a sweetmeat of the leaves of the local Euphorbias, by boiling them in sugar after removing as much of the latex as possible. The tender shoots of *E. hirta* are eaten in small quantity as famine food. The latex of many species is poisonous, used as fish poisons and arrow poisons, the herbaceous species washed free of the latex are used in several Asiatic countries. The saponin phasin in this species is harmless, though some old Chinese authorities say it is slightly toxic. Lanessan cites this as a violent purgative. *Stem, Leaf.*

1.20. 酸漿草 **SUAN CHIANG TS'AO.**

（酸母草，鳩酸草，小酸草）（酢漿草）

Oxalis corniculata, L. (M. SD. Ch.)

LADY'S SORREL. Porter 120. Bailey 457.

The presence of acid potassium oxalate makes this leaf a good addition to salads, but to eat much is injurious (Burkill 1616). It is cultivated in the Moluccas as a seasoning and is used in India for its cooling, antiscorbutic and appetising qualities. Cattle eat it freely and people eat it in time of famine, Watt. *Shoot, Leaf.*

1.21. 蛇床子 **SHE CH'UANG TZU.**

(*Selinum M.* L.) 蛇粟，蛇米，虵床，思益，繩毒，裘棘牆蘼肝）

Cnidium Monnieri, L. (M. Ch. G. Br.) SNAKES BED. Porter 138.

Whilst the seed of this plant is freely eaten by snakes, it has considerable potency and should not be included with the leafy shoots. *Shoot, Leaf.*

1.22. 茴香 （土茴香，覆香） **HUI HSIANG.**

Foeniculum vulgare, Mill. (M. H. SD.) FENNEL. Bailey 564.

This is cultivated all over the world as a flavouring from very early times. The leaves and stems may be eaten raw or cooked. The seeds are usually dried and powdered, or added whole into cakes. The leafy shoots are a regular market article in China. Analysis:—3.8 protein, 0.6 fat, 6.4 cbhyd. 1.89% ash with a moderate amount of vitamin A, rich in vitamin C. It has a pleasant spicey flavour and is recommended for its content of iron and lime. The seeds are mixed with other foods as a flavoring and have good carminative value due to 3% volatile oil, also 9% fat and starch. *Shoot, Leaf. Seed.*

1.23. 夏枯草 **HSIA KU TS'AO.**

Brunella vulgaris, L. (M. BN. Ch. H. Br.)

CARPENTER WEED. HEAL ALL. Porter 156 BN 1170.

(*Prunella V.* L.) （夕句，乃東，燕面）

Of a somewhat bitter taste which is removed by washing. This is due to its high content of tannin, on account of which it was a common styptic remedy in Western domestic medicine. *Leaf.*

1.24. 藁本 （鬼卿，地新，微莖，山園姿） **KAO PEN.**

Nothosmyrnium japonicum, Mig. (M. SD Ch.)

STRAW WEED. BN 1462.

A somewhat acrid bitter taste. *Shoot, Leaf.*

1.25. 柴胡 （地薑，山菜，茹草葉，芸高） **CH'AI HU.**

Bupleurum falcatum, L. (M. H. Br. Ch.) HARE'S EAR. BN. 260.

The stem and leaf contain the glucosid rutin, not deleterious. Li Shih-chen says the young plant before it lignifies may be eaten. The old plant is used for firewood. The root is listed as a famine food in India, Watt. *Shoot, Leaf.*

1.26. 漏蘆 （野蘭，萊蒿鹿驪根鬼油麻） **LOU LU.**

Echinops dahuricus, Fisch. (M. Ch.) GLOBE THISTLE. BN. 1009.

A saline bitter taste, removed by washing. *Leaf.*

1.27. 龍膽草 **LUNG TAN TS'AO.**

Gentiana scabra, Bge. (M. Br. H. Ch.) GENTIAN BN. 1417.

var. *Buergeri*, Maxim. (BN.) （龍膽，陵游，草龍胆）

It is said to be weakening if eaten on an empty stomach. *Leaf.*

1.28. 鼠菊 （勃，陵翹，鼠尾草） **SHU CHU**

Salvia japonica, Th. (M. BN.) JAPANESE SAGE. BN. 1242.

This is like foreign sage, useful for garnishing other foods. *Leaf.*

1.29. 前胡 **CH'IEN HU.**

Peucedanum decursivum, Maxim. (M. SD. Ch.)

WILD PARSNIP. BN. 623.

(*Angelica d.* Miq.)

The potent root is used in Chinese Medicine. *Leaf.*

1.30 地榆 （玉豉） **TI YU**

Sanguisorba officinalis, L. (M. Ch. Br. SD.) BURNET BN. 366.

An old substitute for tea, it makes a cooling beverage. The leaves when boiled and washed to remove the bitterness are eaten with oil and *Leaf.*

salt. *S. minor* in Europe is sparingly cultivated as a salad and as sheep forage. Bailey.

1.31. 川芎 **CH'UAN HSIUNG.**

（胡䓖，香果，[illegible]微蕪蘼）（芎䓖）（雀腦芎，馬銜芎）

Conioselinum univittatum, Turcz. (M. Br. Ch.)

(*Cnidium officinale*, Mak.) HEMLOCK PARSLEY. BN. 465

Besides their use as a vegetable the leaves make a refreshing drink. *Leaf.*

1.32. 葎勒子秧 （葛勒蔓，鋸鋸藤）（葎草） **KE LE TZU YANG.**

Humulus japonicus, S. & Z. (M. H.)

WILD HOP. Bailey 239. BN 1206.

This has been introduced into the West as an ornamental plant. *Leaf. Shoot.*

1.33. 猪牙菜 **CHU YA TS'AI.**

（羖蒿，鏊蒿，蒿，角蒿）

Incarvillea sinensis, Lam. (M. Ch.)

I. Delavayi, B. & F. INCARVILLA. BN. 472. Bailey 689.

Said by one authority to be slightly toxic. *Leaf. Shoot. Stem.*

1.34. 連翹 **LIEN CH'IAO**

（異翹，蘭華折根軹，三廉，連，連苕）

Forsythia suspensa. Vahl. (M. Br. Ch.)

GOLDEN BELLS. FORSYTHIA. Bailey 596. BN. 946.

The leaf contains a glucoside phillyrin, potency unknown. *Leaf.*

2.1 桔梗 （利如，房圖白藥梗草，薺苨） **CHIEH KENG.**

Platycodon grandiflorum, DC. (M. H. Br. Ch. SD)

BALLOON FLOWER. BROAD BLUEBELL. Bailey 745 BN. 785.

The radical leaves are said be slightly poisonous, so only the top leaves should be used. They are bitter in contrast to the small blue-bell (6.1) which is called "sweet chieh keng". The root is eaten in Japan, called *Kikio*. Protein 3.5, fat 0.28, cbhyd 10.9, ash 1.02%. *Leaf.*

2.2 青杞 （蜀羊泉，羊飴，漆姑蜀羊泉） **CH'ING CHI**

Solanum septemlobum, Bge. (M. Ch.) NIGHTSHADE.

The synonym given *Shu yang ch'uan*, also applies to the toxic irritant leaf of *S. dulcamara* which contains various alkaloids. It also applies to the variety *lyratum*, Thbg. of dulcamara of which little is known, though Henry gives it the name 甜菜 *t'ien ts'ai* "sweet vegetable" Cf. 7.30. *Leaf.*

2.3 馬蘭頭 **MA LAN T'OU** （紫蘭，頭蘭，山蘭，）

Aster trinervius, L. (M. Ch.) PURPLE ASTER. BN. 852. Bailey 776.

Protein 3.9, fat 0.91, cbhyd 5.92, ash 1.81% in leafy shoots, Shanghai.

Cultivated today as a vegetable of good nutritive value. with a slightly sweet taste, though the wild plant is said to be slightly acrid. *Shoot. Leaf.*

2.4 豨薟 （粘糊菜，火枚草） **HSI HSIEN**

Siegesbeckia orientalis, L. (M. Ch. SD.). HERB DE FLACQ. BN. 1300.

This contains the bitter principle darutin. Said to be slighly toxic with an acrid taste, which is washed out with water after boiling. *Shoot. Leaf.*

2.5 澤瀉 （水蕮菜，水瀉及瀉，芒芋，鵠瀉，） **TSE HSIEH**

Alisma plantago, L. (M. BN. Br.) WATER PLANTAIN. BN. 1368.

Of a saltish taste, composition unknown. *Leaf.*

2.6 竹節菜 **CHU CHIEH TS'AI**

（翠蝴蝶，翠娥眉，笪竹花，倭青草，淡竹葉，）

Commelina communis, L. (M. BN.)

SPIDER-WORT. DAY-FLOWER. Porter 36. BN. 1410.

The spiderworts are mucilaginous plants well known as cattle fodder, as a vegetable and as a famine food (Burkill 645). They have a sweet taste. Eaten by the poor in India, especially in times of scarcity. Watt. *Shoot. Leaf.*

2.7 獨掃苗 （落帚） **TU SAO MIAO**

Kochia Scoparia, Schrad. (M. Br.)

BELVEDERE. BROOM PLANT. BN. 368. Bailey 250.

The leaves contain some saponin but have been used for centuries as food. The taste of the young leafy shoots is said to be delicious. *Shoot. Leaf.*

2.8 歪頭菜 **WAI TOU TS'AI**

Vicia unijuga, A. Br. (M. Ch. SD. BN.)

CROOKED BROAD BEAN. BN. 663. *Leaf.*

2.9 兎兒酸 （兎兒漿） **T'U ERH SUAN**

Unidentified. *Shoot. leaf.*

2.10 鹹蓬 （鹽蓬） **CHIEN P'ENG**

Suaeda glauca, *Bge*. (M. Ch. SD). SEA BLITE. BN. 1549.

Cultivated as a vegetable. The maritime species is eaten in Java. Burkill. Its acid taste is removed by washing. Other species of this are used as a vegetable in Europe, Dragendorff The sea-blites are the most valued famine food in India. Watt. *Shoot. leaf.*

2.11 **蒿蒿 LÜ HAO.**

Artemesia keiskiana, Miq. (M. SD. Ch.)

COTTAGE THATCH. BN. 1071.

This is similar to tarragon *A. Dranunculus*, L. (2/27) used in Western Siberia and West Asia as a valuable flavoring for salads, sauces and condiments (Winton 4, 255); protein 5.56, fat 1.16, cbhyd 9.46, ash 2.55%. It is sometimes preserved with salt. *Shoot, leaf.*

2.12. **水萵苣 (水波菜) SHUI WO CHÜ.**

Veronica Anagallis, L. (M. Ch. BN.)

WATER SPEEDWELL. BN. 217.

Used as an antiscorbutic in Europe, and for making salads, Dragendorff. *Shoot, leaf.*

2.13. **金綫菜(地多瓜菜) CHIN CHAN TS'AI.**

Aster Tripolium, L. (M. SD. BN.) SEA ASTER. BN 599.

Ash:—stem 8.4, leaf 9% chiefly sodium chloride. Sweet taste.

It is Galen's *Aster attikos* used in the middle ages for mild stomach and eye complaints. *Shoot, leaf.*

2.14. **水辣菜 SHUI LA TS'AI.**

Nasturtium officinale, R. Br. WATER CRESS. Bailey 309.

Around Peking this is the common name for watercress, found wild at the Jade Fountain. Common as a food in Europe, America, Java, Malaya. *Shoot, leaf.*

Leaf:—1.4 protein, 0.4 fat, 4.2 cbhyd, 1.0% ash. Medium amount of vitamin A, B_1, C and P. Stalk:—4.2 protein, 0.2 fat, 1.8 cbhyd., 0.9% ash, (Plimmer).

2.15. **紫雲菜 TZU YUN TS'AI**

Strobilanthes oliganthus, Miq. (M. Ch. Br. SD.) *Shoot, leaf.*

CONE-FLOWER. BN. 1108.

2.16. **鴉葱 YA TS'UNG.**

Scorzonera albicaulis, Bge, (M) SALSIFY. Bailey 755. BN. 1363.
S. hispanica, L. (Ch. BN.)

Cultivated in Europe for its fleshy edible roots and the leaves used in salads. 1.04 protein, 0.5 fat, 14.8 cbhyd and 0.99 ash (Winton). *Shoot, leaf.*

2.17. **匙頭菜 CH'IH T'OU TS'AI**

Unidentified. Viola? *Leaf.*

2.18. **鷄冠菜 CHI KUAN TS'AI.**

Celosia argentea, L. (M. Br. Ch. SD.)

WILD COCKSCOMB. Bailey 253. BN. 1478.

Cultivated in the Moluccas as a spinach, considered inferior to the amaranths for the table. Also eaten in N. Malaya, (Burkill 306). Contains nitre which makes them diuretic. The young wild plants were eaten in Li Shih-chen's time. Listed as famine food in the Punjab. Watt. *Shoot, Leaf.*

2.19. **水蔓菁 (地膚子) SHUI MAN CH'ING**

Veronica spuria, L. (Ch. BN.) SPEED WELL. BN 227. Bailey 671. *Shoot, Leaf.*

2.20. **野園荽 YEH YUAN SUI.**

Apium graveolens, L. (M. Ch.) CELERY. Bailey 565. BN. 511.

Shanghai market:—0.52 protein, 0.4 fat, 5.3 cbhyd. 1.2% ash with small amounts of vitamins A and C and a medium amount of Vitamin B_1. *Shoot, leaf.*

2.21. **牛尾菜 NIU WEI TS'AI.**

Smilax herbacea, L. (M. BN. Ch.) CARRION FLOWER. BN. 238.
var. *nipponica*, Maxim (Ch.)

Whilst the roots of the sarsaparillas are usually medicinal, carrying saponin, the shoots and leaves are edible though little is known of their nutritive values. *Leaf.*

2.22. **山葵菜 SHAN YU TS'AI**

Eutrema Wasabi, Max. (M. Cr. SD.)
(*Wasabia pungens*, Mats.) *E. hederaefolia*, F. & S. BN. 389. WASABI.

Slightly pungent taste like many other cruciferous plants. Protein 5.1, fat 0.2, cbhyd 22.3, ash 1.27%, Japan food Grey; not indicated whether this is the leaf, it looks the root analysis. *Shoot, leaf.*

2.23. **綿絲菜 MIEN SZU TS'AI.**

Unidentified. *Shoot, leaf.*

2.24. **米蒿 MI HAO.**

Unidentified.
Cruciferae. *Shoot, leaf.*

2.25. **山芥菜 SHAN CHIEH TS'AI**

Nasturtium globosum, Turcz. (W.) YELLOW WATER CRESS.
Taste hot and slightly sweet. Cf 2/14. *Shoot, leaf.*

2.26. **舌頭菜 SHE T'OU TS'AI**

Unidentified. *Leaf.*

2.27. **紫香蒿 TZU HSIANG HAO.**

Artemesia Dranunculus, L. (M. Br.) PURPLE TARRAGAN. B. 762.

Abundant in Hupeh where it is eaten as a vegetable. Used as an utiscorbutic in Europe, as a kitchen vegetable, Dragendorff. *Leaf.*

2.28. 金盞兒花 **CHIN CHAN ERH HUA.**

Calendula officinalis, L. (M) MARIGOLD. BN. 599, Bailey 780.
C. arvensis, L. (BN. Ch.).

The leaves and flowers were used in Western domestic medicine, but are considered inert medicinally, USD. Nutritional value similar to dandelion, 14/17. *Shoot, leaf.*

2.29. 六月菊 **LIU YUEH CHÜ**

Asteromaea cantonensis, DC. (BN.)
SIXTH MONTH ASTER. BN. 155. *Leaf.*

2.30. 費菜 **FEI TS'AI.**

Sedum Kamtschaticum, Fisch. (M. Br. Ch. BN.) SD.)
STONECROP. Bailey 321. BN. 1121. *Shoot, leaf.*

2.31. 千屈菜 **CH'IEN CH'Ü TS'AI**

Lythrum Salicaria, L. (M. BN.)
SPIKED LOOSESTRIFE. Bailey 531. BN. 33.
L. anceps, Makino. (Ch.).

7.3% ash rich in line; starch, sugars, carotin and pectin, Wehmer. *Stem, leaf.*

2.32. 柳葉菜 **LIU YEH TS'AI.**

Epilobium hirsutum, L. (M. Ch.).
E. pyrricholofolum, Franch. (BN. Ch.).
HAIRY WILLOW-HERB. BN 657. Bailey 548.

Under the name of Kaporie tea used largely in Russia as a beverage USD 1368. Oliver reported violent poisoning with epileptiform convulsions caused by these leaves, Br. Med. J. 1897. *Stem, leaf.*

2.33. 仙靈脾 **HSIEN LING P'I**

（剛前黃德祖，千兩金，乾鷄筋，敎杖草，棠杖草三枚九葉草，淫羊藿，）
Epimedium macranthum, M. & D. (M. BN.)
MEDION HERB. Bailey 289. BN. 898.

Nonpoisonous but accredited in the Herbal with strong aphrodisiac action. *Leaf.*

3.1. 剪刀股 **CHIEN TAO KU.**

Lactuca debilis, Maxim. (M. SD. BN) WILD LETTUCE. BN. 873.
Of 14/14. Similar to cultivated lettuce it is rich in vitamins and salts. *Shoot, leaf.*

3.2. 婆婆指甲菜 **P'O P'O CHIH CHIA TS'AI**

Cerastium triviale, Link (M. Ch.)
var. *glandulosum*, Koch. *C. viscosum*, L. Porter 74.
HORNED CHICKWEED. *Leaf. Shoot,*

3.3. 鐵桿蒿 **T'IEH KAN HAO.**

Heteropappus hispidus, Less. (M.) *Leaf.*

3.4. 山甜菜 **SHAN T'IEN TS'AI**

Unidentified. *Beta sp.?* *Leaf.*

3.5. 水蘇子 **SHUI SU TZU.**

Sphagnum japonicum, Broth. (BN. 232) *Shoot, leaf.*

3.6. 風花菜 **FENG HUA TS'AI**

Nasturtium palustre, D. C. (BN. Ch. SD. J.)
MARSH CRESS. BN. 721. *Shoot, leaf.*

3.7. 鵝兒腸 **E ERH CH'ANG.**

Stellaria aquatica, Scop. (M. Br. H.)
STARWORT. CHICKWEED. P72 BN. 211.

Li Shih-chen describes it as a platable, sweet, tender, pot-herb. Highly recommended by Charles Johnson in the Useful Plants of Great Britain. It has over 13% ash with over 1.8% calcium oxide and much iron. *Shoot, leaf.*

3.8. 粉條兒菜 **FEN T'IAO ERH TS'AI.**

Aletris japonica, Lamb. (M. BN. Ch.) STAR GRASS. BN. 829.
A. spicata, Franch. (Ch.) *Leaf.*

3.9. 辣辣菜 **LA LA TS'AI.**

Lepidium virginicum, L. (Ch.). WILD PEPPERWORT. P88.

This is very similar to garden cress *L. sativum*, L. 4/21. eaten in Western countries. It is rich in vitamin C. *Shoot, leaf.*

3.10. 毛連菜 （常十八） **MAO LIEN TS'AI.**

Elephantropus scaber, L. (M). ELEPHANTS FOOT

Eaten by cattle throughout the tropics, Burkill. Mucilaginous and astringent. *Leaf.*

3.11. 小桃紅 **HSIAO T'AO HUNG.**

（鳳仙花，夾竹桃，海藥，染指甲草）（急性子）
Impatiens balsamina, L. (M. H.)
BALSAM. TOUCH-ME-NOT. BN. 1308. Bailey 473.

The Balinese eat these leaves, (Nutt. Plant Ned. Ind., 1003). They contain sugar and starch. The U.S. Dispensatory says it resembles other species of this genus in its acrid, purgative and emetic effects. *Shoot, leaf.*

3.12. 青莢兒菜 **CH'ING CHIA ERH TS'AI.**

Helwingia rusciflora, Willd. (BN 615, Ch.) *Shoot, leaf.*

3.13. 八角菜 **PA CHIAO TS'AI.**

Unidentified. *Leaf.*

3.14. 耐驚菜 （蓮子草） **NAI CHING TS'AI.**

Eclipta alba, Hassk. (M) INK PLANT. Porter 202. BN. 1579.

The cooked leaves are eaten in Java, K. Heyne. A camel food in India, Watt. *Shoot, leaf.*

3.15. 地棠菜 **TI T'ANG TS'AI.**

Unidentified. *Shoot, leaf.*

3.16. 鷄兒腸 **CHI ERH CH'ANG.**

Aster indicus, L. (M. BN.) INDIAN ASTER. Porter 192. BN 1478. *Leaf.*
(*Boltonia indica*, Benth.)

3.17. 雨點兒菜 **YÜ TIEN ERH TS'AI.**

Unidentified.
Cynanchum sp. ? *Leaf.*

3.18. 白屈菜 **PAI CH'Ü TS'AI.**

Chelidonium majus, L. (M. Ch. SD. BN.)
CELANDINE. BN. 300. Bailey 299.

Contains a small amount of the alkaloids chelilysine and berberine, (Wehmer). Some essential oil and 5.88% ash, rich in potash and lime. The plant contains irritant purgative principles, U.S.D. It is directed that the leaves be thoroughly boiled with clean earth, the mixture is then stood over night, thoroughly washed in several changes of water, and eaten with oil and salt. *Leaf.*

3.19. 扯根菜 **CH'E KEN TS'AI.**

Penthorum sedoides, L. var. *chinense*, Maxim. (M. Ch. BN.).
VIRGINIA STONECROP. Cowdry 102. BN. 444. *Shoot, leaf.*
P. chinense, Pursh. (SD.).

This is full of mucilage and tannin formerly used in North America as a demulcent and astringent.

3.20. 草零陵香 **TS'AO LING LING HSIANG.**

Trigonella caerulea, Lam. (M. SD.) BLUE FENUGREEK. B. 405.
(*Melilotus c.* Lam.)

The whole plant like the official fenugreek contains trigonelline and can be rated of about the same nutritive value. *Shoot, leaf.*

3.21. 水落藜 **SHUI LO LI.**

Unidentified.
Chenopodium sp. *Shoot, leaf.*

3.22. 涼蒿菜 （甘菊苗） **LIANG HAO TS'AI.**

Unidentified. *Leaf.*

3.23. 粘魚鬚 （龍鬚菜） **NIEN YÜ HSÜ.**

Smilax Sieboldi, Miq. (M. Ch. BN.) SMILAX. BN. 956.
Cf. 2/21. *Shoot, leaf.*

3.24. 節節菜 **CHIEH CHIEH TS'AI.**

Rotala indica, Kohne var. *uliginosa*, Kohne (M. Ch.). *Shoot.*

3.25. 野艾蒿 **YEH AI HAO.**

Artemesia vulgaris, L. var. *parrifolia*, Maxim. (BN. Ch. M.).
MUGWORT. Porter 208. Bailey 763.

A. lavendulaefolia, DC. (Ch.).

The Indian variety:—protein 2.93, fat 2.59, chhyd 26.5 rich in sugar, ash 10.13%. Rich in vitamin A and adenin (Wehmer). *Leaf.*

3.26. 堇菜菜 （箭頭草） **CHIN CHIN TS'AI.**

Viola verecunda, A. Gr. (BN. M. SD.)
WILD VIOLETS. Porter 126-136. BN. 1064.

V. Patrinii, DC. and others.

The violets have been eaten as a vegetable from the earliest times, the leaves have a sweetish taste. The roots of many are emetic and irritant. *Shoot, leaf.*

3.27. 婆婆納 **P'O P'O NA.**

Veronica agrestis, L. (SD. Ch. BN.
FIELD SPEEDWELL. Porter 176. BN. 880. *Shoot, leaf.*

3.28. 野茴香 **YEH HUI HSIANG.**

Unidentified.
Foeniculum vulgare, Mill. ? *Leaf.*

3.29. 蠍子花菜 （虼蚤花，野蒺菜） **HSIEH TZU HUA TS'AI.**

Aeroglochin persicarioides, Miq. (M. Ch.) *Leaf.*

3.30. 白蒿 **PAI HAO.**

Artemesia Stelleriana, Bess. (M. SD. Ch. BN)
DUSTY MILLER. BEECH WORMWOOD. B762. BN. 316. *Shoot. leaf.*
Used in ancient times for food, Su Sung. Bretschneider 2. 250.

3.31. 野同蒿 **YEH T'UNG HAO.**

Chrysanthemum segetum, L. (H.)
CORN CHRYSANTHEMUM. Bailey 759. *Shoot. leaf.*

This vegetable contains cumarin which accounts for its fragrance. Ash 1.61% (Wehmer).

3.32. 野粉團兒 **YEH FEN T'UAN ERH.** *Shoot, leaf.*

Aster trinervius, Roxb. var *adustus*. Maxim. (SD.) ASTER BN. 852.

See 2/3 for approximate value.

3.33. 蚵蚄菜 **HO PI TS'AI.**

Carpesium abrotanoides, L. (BN.). PIG'S HEAD BN. 165.

Li Shih-chen says they smell of foxes but can be eaten when cooked. Taste sweet. *Shoot, leaf.*

4.1. 山梗菜 **SHAN KENG TS'AI.**

Lobelia sessilefolia, Lamb. (M. SD. BN. Ch.). LOBELIA. BN. 114.

This contains a toxic alkaloid (Wehmer.). *Leaf.*

4.2. 狗掉尾苗 **KOU TIAO WEI MIAO.**

Unidentified. *Leaf.*

4.3. 石芥 **SHIH CHIEH.**

Cladonia rangifera, Web. (BN). REINDEER MOSS. BN. 337.

This identification is probably incorrect. It is described as a trifoliate plant, 2 feet high, with light yellow flowers and black seeds. *Leaf.*

4.4. 豲耳菜 **HUAN ERH TS'AI.**

Unidentified. *Shoot, leaf.*

4.5. 回回蒜 （水胡椒，蝎虎草） **HUI HUI SUAN**

Ranunculus japonicus, Lang (M. SD. BN. Ch.).

CROWFOOT. Porter 78. BN. 361.

R. pennsylvanicus, L. (Ch. BN.).

The leaf yields a small amount 0.12% of a yellow oil and anemonin, not in sufficient amount to be injurious. *Leaf.*

4.6. 地槐菜 （小虫兒麥） **TI HUAI TS'AI.**

Phullanthus urinaria. L. (M. Ch.). LEAF-BLOSSOM. BN. 1200.

Diuretic due to high content of potash. Its bitter principle is probably phyllantin, used as a fish poison. Cattle in India eat this herb, Roxburgh. *Leaf.*

4.7. 螺壓兒 （地桑，痢見草） **LO YEN ERH.**

Drymoglossum carnosum, Hook. (M). SNAIL-SHELL GRASS.

D. subcordatum, Fee. (BN. 1447).

It is also recommended for dysentery. *Shoot, leaf.*

4.8. 泥胡菜 **NI HU TS'AI.**

Saussurea affinis, Spr. (M. BN. Ch.).

SAUSSUREA. Porter. 210. BN. 528 *Shoot, leaf.*

4.9. 兎兒絲 **T'U ERH SZU.**

Lysimachia clethroides, Duly. (M.).

HAIRY LOOSESTRIFE. Bailey 585.

L. candida, L. is used as a pot-herb in Mampur, India. Watt.

The common European loosestrife is used as an antiscorbutic. *Shoot, leaf.*

4.10. 老鸛筋 **LO KUAN CHIN.**

Unidentified. *Shoot, leaf.*

4.11. 絞胶藍 **CHIAO KU LAN.**

Cynostemma pedata, Bl. (M. Ch. BN.). BN. 1117. *Leaf.*

4.12. 扑娘蒿 **PU NIANG HAO.**

Sisymbrium sophia, L. (BN. SD.). THALE CRESS. BN. 521. *Shoot, leaf.*

4.13. 雞腸菜 **CHI CH'ANG TS'AI.**

Eritrichium pedunculare. DC. (M. Br.). FORGET-ME-NOT. *Shoot, leaf.*

4.14. 水胡蘆苗 **SHUI HU LU MIAO.**

Unidentified. *Shoot, leaf.*

4.15. 胡蒼耳 （回回蒼耳） **HU TS'ANG ERH.**

Sanguisorba minor, Scop. (BN.). GARDEN BURNET. Bailey 348.

Edible herb:—protein 5.65, fat 1.23, cbhyd 11.0, ash 1.72%, water 74.5%. *Shoot, leaf.*

4.16. 水棘針苗 （山油子） **SHUI CHI CHEN MIAO**

Unidentified. *Shoot, leaf.*

4.17. 沙蓬 （雞爪菜） **SHA P'ENG**

Agriophyllum arenarum, Bieb. (M. Br. Ch.). *Shoot, leaf.*

4.18. 麥藍菜 **MAI LAN TS'AI.**

Nasturtium indicum, DC. (M.). INDIAN CRESS.

The variety *apetalum* is used as a vegetable with curry in Singapore. In Java it is used in salads and soups, raw or steamed, (Ochse, Vegs. Dutch E. Ind.). In India it is used as a vegetable and as an antiscorbutic, Dragendorff. *Shoot, leaf.*

4.19. 女婁菜 **NÜ LOU TS'AI.**

Silene aprica, Turcz (M. Ch. BN.). CAMPION. BN. 68.

(*Melandryum firmum*, Roh. BN.).

In Europe *S. italica*, Pers. is used as a vegetable. The bitter taste is removed by repeated washing. *Shoot, leaf.*

4.20. 委陵菜 （翻白菜） **WEI LING TS'AI.**
Potentilla chinensis, Ser. (M. SD. Ch. BN.).
CHINESE CINQUEFOIL. BN. 514. *Shoot, leaf.*

4.21. 獨行菜 （麥揸菜） **TU HSING TS'AI.**
Lepidium sativum, L. (Ch. M. BN.).
GARDEN CRESS. Bailey 312. BN. 1370. Winton 2, 228.
0.1% volatile oil yielding a small amount of the hot principle myrosin. *Shoot, leaf.*
It has a moderate amount of vitamin B_1, rich in C. Used all over the world as an antiscorbutic vegetable. Protein 2.1, fat 0.4, cbhyd 1.8, ash 1.5%, Plimmer.

4.22. 山蓼 **SHAN LIAO.**
Clematis augustifolia, Jacq. (M. Ch.) VIRGIN'S BOWER.
Contains anemonine (Wehmer). Most species of Clematis have acrid irritant properties, causing inflammation and vessication. It is ordered that these leaves be thoroughly boiled and soaked in successive changes of water till they turn yellow and the acrid taste removed. It is doubtful if much nutriment remains after such treatment. *Leaf.*

4.23. 葛公菜 **KE KUNG TS'AI.**
Unidentified.
Salvia sp. *Leaf.*

4.24. 鯽魚鱗 **CHI YU LIN.**
Rostellularia procumbens, Nees. (Br. 2. 411). CARP SCALE.
An Indian famine food, Watt. A cattle food, Burkill. *Leaf.*

4.25. 尖刀兒苗 **CHIEN TAO ERH MIAO.**
Unidentified.
Chien tao ku, Lactuca sororia. Miq. (Br. 2, 417). *Leaf.*

4.26. 珍珠菜 **CHEN CHU TS'AI.**
Lysimachia clethroides, Duby. (M. BN. SD. Ch.).
LOOSESTRIFE. Bailey 585. BN. 666. *Leaf.*

4.27. 杜當歸 **TU TANG KUEI.**
Aralia cordata Th. (M. SD. Ch. BN.) "UDO". Bailey 556. BN. 40.
(*A. edulis*, S. & Z.).
The leafy shoots are cultivated in Japan as a food and give the following analysis—1.1 protein, 0.42 fat, 0.8 sol cbhyd., 0.55% ash, (Takauchi). *Leaf.*

4.28. 薔薇 （刺蘼） **CH'IANG MEI.**
Rosa indica, L. (M. BN.). MONTHLY ROSE. BN. 181. Bailey 344.
(*R. chiensis*, Jacq.).
The young shoots of Roses are eaten in Java.
T'ao Hung-ching says a decoction of the shoots and leaves makes a beverage. Li Shih-chen says children in spring eat the young shoots after stripping off the skin with the spines. *Shoot, leaf.*

4.29. 風輪菜 **FENG LUN TS'AI.**
Calamintha chinensis, Benth. (M. BN.).
WILD BASIL. CHINESE SAVORY. BN. 724. *Leaf.*

4.30. 拖白辣苗 **T'O PAI LIEN MIAO.**
Unidentified. *Shoot, leaf.*

4.31. 酸桶筍 **SUAN T'UNG SUN.**
Polygonum cuspidatum, S. & Z. (M. Ch.)
SIEBOLDS KNOTWEED. Bailey 246. BN. 585.
The shoots are an article of Japanese diet, eaten like asparagus. *Shoot, leaf.*

4.32. 鹿蕨菜 **LU CHUEH TS'AI.**
Unidentified.
Tanacetum. ? *Shoot, leaf.*

4.33. 山芹菜 **SHAN CH'IN TS'AI.**
Sanicula europaea, L. (M. Ch.). SANICLE. Lanessen 3. 265.
S. sinensis, Bunge. BN. 1571.
The leaves contain a saponin, Wehmer. Cf. 5/25. *Shoot, leaf.*

4.34. 金剛刺 （老君鬚） **CHIN KANG TZ'U.**
Smilax China, L. (M. Br.). CHINESE SARSAPARILLA.
The leaves are prepared for eating with oil and salt, or for the making of decoction as a beverage. They are also smoked like tobacco. *Leaf.*

4.35. 柳葉菜 **LIU YEH TS'AI.**
Epilobium Pyrricholophum, F. & S. (BN. 657).
WILLOW-HERB. Cf. 2.32. *Leaf.*

4.36. 大蓬蒿 **TA P'ENG HAO**
Unidentified. *Leaf.*

4.37. 狗筋蔓 **KOU CHIN MAN.**
Cucubalus baccifer, L. var. *japonicus*, Miq. (BN. Ch.).
INFLATED CAMPION. Lanessan 3, 323.

Its use in America as a styptic indicates a high content of tannin. *Leaf.*

5.1. 花蒿 **HUA HAO.**

Unidentified.

Gnaphalium? *Leaf.*

5.2. 兎兒傘 **T'U ERH SAN.**

Cacalia aconitifolia, Bge. (M. Ch.)

C. Krameri, Mats. HARE'S UMBRELLA

(*Senecio A.* Turcz). *Leaf.*

5.3. 地花菜 （墓頭灰） **TI HUA TS'AI.**

Patrinia palmata, Maxim. (M. SD. BN.). PALMATE VALERIAN. *Leaf.*

5.4. 杓兒菜 **SHAO ERH TS'AI.**

Carpesium cernuum, L. (M. Ch.): Porter 204. BN. 1191. *Leaf.*

5.5. 佛指甲 **FO CHIH CHIA.**

Sedum luneare, Thunb. (BN. 429). JAPANESE STONECROP.

Sedum japonicum, Sieb (M. SD.)

Several species of sedum are eaten as salads in Europe. *Leaf.*

5.6. 虎尾草 **HU WEI TS'AO.**

Lysimachia Clethroides, Duby. (BN. 584).

Cf. 4. 16. LOOSESTRIFE. *Shoot, leaf.*

5.7. 野蜀葵 **YEH SHU K'UEI.**

Cryptotenia japonica, Hassk. (BN. Ch.).

HONE-WORT. Winton 2. 256. BN. 1409.

Much cultivated in Japan as a garden vegetable, the young, tender, aromatic leaves being eaten cooked or as salad. 2.3 protein, 0.23 fat, 4.4 chhyd, 2.1% ash. It has a small amount of a fragrant oil. *Leaf.*

5.8. 蛇葡萄 **SHE P'U T'AO.**

Ampelopsis heterophylla, S. & Z. (M. BN. Ch.).

AMPELOPSIS. B479. BN. 970. *Leaf.*

5.9. 星宿菜 **HSING SU TS'AI.**

Lysimachia fortunei, Mazim. (M. SD. BN.).

FORTUNE'S LOOSESTRIFE. B585. BN. 643. *Shoot, leaf.*

5.10. 水寶衣 **SHUI SO YI.**

Hygrophila lancea, Miq. (BN. Ch. SD.). BN. 229.

H. quadrivalvis is eaten as a vegetable in Malay, Burkill. *Shoot, leaf.*

5.11. 牛奶菜 **NIU NAI TS'AI.**

Marsdenia tomentosa, M. & D. (M. BN. SD). MILK-WEED BN. 241. *Shoot, leaf.*

5.12. 小虫兒臥單 （鐵線草） **HSIAO CH'UNG ERH WO TAN.**

Euphorbia humifusa, Willd. (M.). SPURGE. BN. 370. *Shoot, leaf.*

5.13. 兎兒尾苗 **T'U ERH WEI MIAO.**

Veronica longifolia, L. (M. SD. BN. Ch.).

LONG-SPEEDWELL. Bailey 671. BN. 498. *Shoot, leaf.*

5.14. 地錦苗 **TI CHIN MIAO.**

Corydalis incisa, Pres. (M. Ch.). CORYDALIS. Porter 86. BN. 1106. *Shoot, leaf.*

5.15. 野西瓜苗 （秃漢頭） **YEH HSI KUA MIAO.**

Hibiscus trionum, L. (M. SD. BN. Ch.).

"FLOWER-OF-AN-HOUR". B 494. BN. 976. *Shoot, leaf.*

5.16. 香茶菜 **HSIANG CH'A TS'AI.**

Plectranthus longitubus, Miq. (M. SD. BN.). BN. 729. *Leaf.*

5.17 透骨草 （天芝麻） **T'OU KU TS'AO.**

Unidentified.

Description and Picture look like *Leonurus*. *Shoot, leaf.*

5.18. 毛女兒菜 **MAO NÜ ERH TS'AI.**

Gnaphalium japonicum, Thunb. (BN.).

EVERLASTING FLOWER. BN. 964. *Shoot, leaf.*

5.19. 牛籠牛兒苗 （關牛兒苗） **P'ANG NIU ERH MIAO.**

Geranium nepalense, Sav. (M. SD. Br. Ch. BN.).

GERANIUM. BN. 927.

(*G. Thunbergii*, S. & Z.). *Leaf.*

5.20. 鐵掃帚 **T'IEH SAO CHOU.**

Lespedeza juncea, Pres. (M. Ch. Br. BN.).

RUSH CLOVER. BN. 1544.

(*L. sericea*, Miq.). *Shoot, leaf.*

5.21. 山小菜 **SHAN HSIAO TS'AI.**

Campanula punctata. (M. SD. BN.).

CHINESE RAMPION. BN. 99. Bailey 742.

The root and leaf of *C. Rapunculus*, L. are used in America as food, and other species are eaten in Europe. *Leaf.*

5.22. 羊角菜 **YANG CHIAO TS'AI.**
（羊嘴科，合鉢兒婆婆針扎兒細絲藤，過路黃）
Metaplexis Stauntoni, Roem. et. Sch. (M. BN.).
(*M. chinensis* Desn.). BN. 1567. *Leaf.*

5.23. 樓斗菜 **LOU TOU TS'AI.**
Aquilegia flabellata, S. & Z. (Ch. BN. SD.).
COLUMBINE. B281. BN. 318. *Leaf.*

5.24. 藕菜 **OU TS'AI.**
Unidentified. *Shoot. Leaf.*

5.25. 變豆菜 **PIEN TOU TS'AI.**
Sanicula europaea, L. (M. Ch.) Cf. 4/33.
SANICLE. Lanessan 3, 265.
S. sinensis, Bge. BN. 1571. *Leaf.*

5.26. 和尙菜 **HO SHENG TS'AI.**
Adenocaulon bicolor, Hook. (M. BN.). BN. 509. *Leaf.*

6.1. 沙參 **SHA SHEN.**
（知母，苦心，志取虎，白參，識美，文希）
Adenophora polymorpha, Ledeb. var. *Latifolia*. Herden.
(M. Br. BN. Ch.). BLUEBELL. BN. 448.
A. verticillata, Fisch. (SD. Ch.). *Bulb.*

6.2. 百合 （重箱，摩羅，蜂花，强瞿） **PAI HO.**
Lilium Brownii, Spae. (M. D.). LILY ROOT. B156.
(*L. odorum*. Planch. *L. japonicum*, Th.). (SD. M. BN. 388).
2.4 protein, 0.5 fat, 30.9 cbhyd. 1.23% ash. A little vitamin C.
This is a common market article in China. Many other species are used as food in the Far East and the Indians of Nevada and California use local species for food. Eaten boiled or made into a flour, or boiled in honey. *Bulb.*

6.3. 萎蕤 （女萎，熒，玉竹，馬薰，） **WEI JUI.**
Polygonatum officinale, All. (M. Ch. BN.)
SOLOMON'S SEAL. BN. 1066.
P. multiflorum. All. (D. H.).
Rich in mucilage containing fructose, glucose and arabinose. The leaves and roots are both milled and eaten. The starchy mucilaginous root of *P. vulgare* is eaten by the mountain people of North China, Bretschneider. *Rhizome.*

6.4. 天門冬 **T'IEN MEN TUNG.**
（萬歲藤婆羅椅，顚勒，地門冬，筵門冬，巔棘，孩羊食，管松）
Asparagus lucidus, Lindl. (M. BN. H. Br. SD. Ch.). ASPARAGUS.
(*A. falcatus*, Benth. *A. insularis*, Hance).
The tubers are washed to remove bitterness, the core removed and then boiled, or sundried and boiled with honey. The tubers of *A. sarmentosus* are used in India and Ceylon as a food. *Tube*

6.5. 章柳根 **CHANG LIU KEN.**
（商陸，葛根，衣呼，白昌，當陸，章陸，遂，馬尾，莧陸）
Phytolacca acinosa, Roxb. (M. Br. Ch.). POKE ROOT. BN. 877.
The leaves are used as a vegetable in Japan and the Himalayas.
This root contains the very toxic substance phytolaccotoxin. Wehmer. It is ordered to be sliced, thoroughly boiled, soaked in changes of water; or thinly sliced soaked two nights in eastern running water and steamed for a long time in a bottle with bean leaves. *Root.*

6.6. 麥門冬 **MAI MEN TUNG.**
（羊恙，愛恙，馬恙，羊菁，禹葭，禹餘糧）
Liriope spicata, Lour. (M. BN. Br. Ch.).
BLACK LEEK. Bailey 173. BN. 61.
Ophiopogon japonicus, Ker. (M. Ch.).
Dried:—Protein 1.59, fat 0.52, cbhyd 80.1, ash 2.26%. Much mucilage present acting as a demulcent for the throat. The two genera given are almost identical in appearance. Liriope has big leaves and a superior ovary, Ophiopogon is smaller with blue berries and an inferior ovary, Chinese actors suck these tubers to clear the voice. *Tuber.*

6.7. 苧根 **CHU KEN**
Boehmeria nivea, Hk. & Arn. (M. BN. Br. H.).
CHINA GRASS. RAMIE. Bailey 240.B BN. 694.
The peeled root boiled has a pleasant sweet taste. *Root.*

6.8. 蒼朮 （山薊，山薑，山連，山精） **T'SANG CHU**
Atractylis ovata, Thunb. (M. BN. Br. Ch.). BN. 1273.
Contains 1.5% essential oil, resin, and exceedingly rich in vitamin A. *Root.*

6.9. 蒼蒲 （堯羔，昌陽）（蘭蓀，溪蓀） **CH'ANG P'U**
Acorus calamus, L. (Br.). FLAG ROOT. B142. BN. 331.
(*A. terrestris* Spr.).
Whilst the common identification of *ch'ang p'u* is *C. gramineus*, Ait. the name is generic and applies to 5 types. This does not have the elevated midrib of the leaf of *C. gramineus*. Rich in starch. 1% volatile oil and a *Rhizome.*

bitter glucoside acorin, USD 249. Peeled and washed to remove the bitterness it is eaten like a fruit out of hand.

6.10. 蒿子根 **FU TZU KEN.**

（打碗花，兎兒苗，狗兒秧，燕蒿根，[illegible]牡丹，旋花）

Calystegia Sepium, R. Br. (M. H.).

HEDGE BINDWEED. Porter 144. BN. 912. Bailey 610.

C. hederacea, Wall. (M. Br.).

This is rich in starch and sugar, and is considered highly nutritious.

It is washed and steamed, or after sundrying broken into fragments and eaten with rice, or ground to a meal and made into steamed cakes. It is very good taken occasionally but as a regular item of the diet it makes one dull and upsets the stomach. *Root.*

6.11. 茅蒐根 （蘑菇菰） **MAO SAO KEN.**

Butomus umbellatus, L. (M. Ch.). FLOWERING RUSH. Bailey 950.

The rootlets and peel are removed, the root is washed and steamed, or the sundried product is baked, or it is made into a flour and steamed. *Root.*

6.12. 野胡蘿蔔 **YEH HU LO FU.**

Osmorrhiza aristata, Mak. & Yabe. (S.D. Ch.). SWEET CICELY.

O. japonica, S. & Z. (M. BN. 980).

Peeled, washed and eaten raw. *Root.*

6.13. 綿紫兒 （石蒜兒） **MIEN TSAO ERH.**

Scilla japonica, Bak. (M. Ch. BN.). SQUILL. Porter 40. BN. 1292.

S. chinensis, Benth, (M.).

It must be soaked for a long time and boiled till it is very thoroughly cooked. Eating this bulb produces gas and rumbling in the belly. *Bulb.*

6.14. 土圞兒 （地栗子） **T'U LUAN ERH.**

Apios Fortunei, Max. (M. SD. Ch. BN.). GROUND PEAR. BN. 42.

4.2 protein, 0.2 fat, 18.3 starch, 6.0 other cbhyd. 1.3% ash. (Winton).

These when cooked are good flavored mealy tubers. In central Europe the allied species *A. tuberosa* is used as a substitute for potatoes. It is thorbughly boiled. *Tuber.*

6.15. 野山藥 **YEH SHAN YAO.**

Dioscorea japonica, Th. (SD. Ch. BN.). WILD YAM. BN. 1456.

Wild Yams are considered by Burkill to be the most important famine food in the East. *Tuber.*

Certain species are somewhat poisonous and are sliced and washed thoroughly before cooking. Analysis is given under 14/32.

6.16. 金瓜兒 **CHIN KUA ERH.**

Cucurbita pepo, L. (M. H. BN. 626.). PUMPKIN. *Root.*

6.17. 細葉沙參 **HSI YEH SHA SHEN.**

Wahlenbergia gracilis DC. (M. SD. BN. Ch.).

(*W. agrestis*, DC. *W. marginata*. DC.).

(FH. Br. Ch.). BN. 962. B740. *Root.*

6.18. 雞腿兒 （翻白草） **CHI T'UI ERH.**

Potentilla discolor, Bge. (M. SD. H. BN.).

CINQUEFOIL. BN. 1468.

Eaten raw or boiled. *Root.*

6.19. 山蔓菁 **SHAN MAN CHING.**

Unidentified.

Adenophora sp. ? *Root.*

6.20. 老雅蒜 **LAO YA SUAN.**

Lycoris aurea, Herb. (M. H.). LYCORIS B179. BN. 332.

L. radiata, Herb. (BN. H. M.).

It contains two inactive alkaloids. USD 1457. *Root.*

6.21. 山蘿蔔 **SHAN LO FU.**

Scabiosa Japonica, Miq. (M. SD. BN.).

PINCUSHION FLOWER. B732. BN 131. *Root.*

6.22. 地參 （山蔓菁） **TI SHEN**

Adenophora remotifolia, Mip. (M. Ch.). BLUE-BELL. BN. 1159.

Anemarrhena asphodeloides, Bge. (BN. M.). *Root.*

6.23. 獐牙菜 **CHANG YA TS'AI.**

Swertia bimaculata, Hook. & Th. (M. SD. BN. Ch.). BN. 1256.

CHINESE CHIRATA. *Root.*

6.24. 雞兒頭苗 **CHI ERH T'OU MIAO.**

Unidentified. Cf. *13.* 23. *Root.*

7.1. 雀麥 （鷺麥，燕） **CH'IAO MAI.**

Bromus japonicus, Th. (Ch. M. BN.). BROME GRASS. BN. 991.

Fagopyrum esculentum, Moench. (H.) 12/8).

The husked seed is made into a flour and steamed or made into cakes. *Seed.*

7.2. **回回米 HUI HUI MI.**

(薏苡仁，解蠡，屋菱起實，薏草珠兒西番薯秫)(薏珠)(菩提子)(薏珠)

Coix lachryma-jobi, L. var. *frumentacea*, Makino. (Ch. BN. H. M.).

ADLAY, JOB'S TEARS. Bailey 104. BN. 1435.

This is said to be more nutritious than rice, Burkill.

The shelled grain:—18.7 protein, 5.2 fat, 59.3 cbhyd. (mostly starch) 2.1% ash, Winton *1*, 100. It contain a medium amount of vitamin B_1 and a small amount of C. Husked and made into a porridge. *Seed.*

7.3. **蒺藜子 CHI LI TZU.**

(旁通，屈人，辻行，犲羽，开推，即藜，茨)

Tribulus terrestris, L. (M. BN. Br. Ch.). CALTHROP. BN. 1277.

Dragendorff says the seeds are edible. They are first roasted till yellow, the prickles removed, and then ground into a flour for making steamed cakes. These seeds are said to have been the chief food supply during the great Madras famine, Watt. *Seed.*

7.4. **蘵子 (菌實，蘇饅頭) CH'ING TZU**

Abutilon avicennae, Gaertn. (M. BN. H. SD. Ch.).

TIENTSIN JUTE. BN. 935.

Protein 17.4, fat 16, cbhyd 33.8, ash 4.4% in seed of wild plant (Wehmer). Eaten raw when green, later when hard they are washed to remove the bitter taste, sundried and ground to a flour. *Seed.*

7.5. **稗子 (水稗，旱稗) PAI TZU.**

Panicum crus-galli, L. (M. Ch. Br. BN.).

BARNYARD GRASS. BN. 1226.

The steamed product is exceedingly good, or it can be made into a porridge, or ground to a meal. The cultivated plant has a much greater yield of grain. *Seed.*

7.6. **穄子 SHAN TZU.**

Panicum frumentaceum, Roxb. (M. Ch. BN.).

SAWA OR BARNYARD MILLET. Bailey 109.

BN. 1392. Winton *1*. 126.

72.5 starch, 3.1% fat, 11.8 protein. 2.65% ash, (Wehmer).

Watt says this should be cultivated in times of drought, for with little irrigation on light soil it yields a crop in six weeks. *Seed.*

7.7. **川穀 CH'UAN KU.**

Coix agrestis, *Lour.* (BN.).

FIELD ADLAY. JOB'S TEARS. BN. 134. See 7/2.

This is made into porridge or gruel, also for fermenting liquors. *Seed.*

7.8. **莠艸子 YU TS'AO TZU.**

Setaria glauca, Beauv. (M.).

YELLOW FOX TAIL, SHORT MILLET

BN. 589. Winton *1*, 121.

11.5 protein, 6.03 fat, 4.03 fat, 40.73 cbhyd, 8.23% ash. Made into porridge or gruel. *Seed.*

7.9. **野黍 YEH SHU.**

Eriochloa villosa, Kth. (M.). WILD MILLET.

Ground and made into steamed cakes. *Seed.*

7.10. **雞眼草 (捎不齊) CHI YEN TS'AO**

Lespedeza striata, HK. & Arn (M. H. Ch. BN.).

JAPANESE CLOVER. B402. BN. 1480.

The ash 4.3% is rich in lime. For porridge, gruel or flour. *Seed.*

7.11. **鴦麥 YEN MAI.**

Brachypodium japonicum, Miq. (M. BN.).

FALSE BROME. BN. 1380.

Made into flour. *Seed.*

7.12. **潑盤 (托盤) P'O P'AN**

Rubus Thunbergii, S. & Z. (M.), and other species.

BRAMBLE. BN. 1331.

This also refers to wild raspberries of which there are several kinds. Wild blackberry:—protein 1.4, fat 0.2, cbhyd. 6.3, ash 0.8%, Plimmer. *Fruit.*

7.13. **絲瓜苗 SZU KUA MIAO.**

Luffa cylindrica, Roem. (M. BN. Ch. SD.).

LOUFAH. VEGETABLE SPONGE B735. BN 1092.

The peeled fruit is eaten boiled.

Shanghai market vegetable:—protein 1.4, fat 0.1, cbhyd. 1.28, ash 0.48% with a medium amount of vitamins A B_1, B and C a little. *Pulp.*

7.14. **地角兒苗 (地牛兒苗) TI CHIAO ERH MIAO**

Unidentified. *Legume.*

7.15. **馬泡兒 MA PAO ERH.**

Melothria japonica, Maxim. (M. SD. BN.).

SMALL WILD GOURD BN. 844.

The fresh fruit is eaten raw. The Indian species *M. indica*, Lour. is *Fruit.*

a common weed around Shanghai, but its fruit is quite small. Porter 188.

7.16. **山黧豆 （山豌豆） SHAN LI TOU.**

Lathyrus palustris. L. (BN. Ch. SD.). WILD PEA. BN. 129.

The whole legume is boiled or the peas may be eaten separately. Wild peas eaten extensively are held responsible for lathyrism, a disease causing paralysis of the muscles of the legs. *Legume*

7.17. **龍芽草 （瓜香草） LUNG YA TS'AO.**

Agrimonia Eupatoria, L. (M. BN. Br. Ch.). AGRIMONY. BN. 1413.
(*A. pilosa*, Ledeb.).

The seed is ground to a meal. *Seed.*

7.18. **地稍瓜 TI SHAO KUA**

Cynanchum sibiricum, R. Br. (M. Ch.). SWALLOW WORT. *Seed.*

7.19. **錦荔枝 （癩葡萄） CHIN LI CHIH.**

Momordica Charantia, L. (M. Ch.).

BITTER GOURD. BALSAM PEAR. B738. BN. 685.

In Malaya the bitter fruits are taken when just unripe and after soaking in salt water, cooked. Used particularly as an ingredient of curries, Burkill. Shanghai market:—protein 0.91, fat 0.23, cbhyd. 3.29, ash 0.56%. Rich in vitamins B_1 and C, B_2 medium, A a little. *Fruit.*

7.20. **雞冠果 （野楊梅） CHI KUAN KUO.**

Fragaria indica, Andr. (M.). (*Duchesnea* i. Fock).

INDIAN STRAWBERRY Porter 98. B352.

Occasionally gathered for greens in the U.S.A. (Winton). The whole plant yields 0.1% emodin, chrysophanic acid, phytosterol, sugars, volatile oil and 9.3% ash rich in lime, Wehmer. This is free from the excessive oxalate content of the sorrels. *Fruit.*

7.22. **蒼耳 TS'ANG ERH.**

（菜耳，道人頭，喝起草，胡菜，地葵，蔤常思羊負來，卷耳蒼耳）

Xanthium Strumarium, L. (M. BN. Br. Ch.).

COCKLEBUR. BN. 1207.

Burkill says the plant at all stages is injurious and acts as a heart poison. The seed:—protein 36.7, fat 38.6, and 5.18% ash and a glucoside Xanthostrumarin; it is ground and made into cakes, baked. The young leafy shoots are thoroughly boiled and the bitter principle removed by washing. This is probably tannin for the plant is an active styptic. In T'ao Hung-ching's time the Honanese ate it and called it 常思菜 *ch'ang ssu ts'ai*. It contains a small amount of vitamin C. *Shoot, Leaf, Fruit.*

7.23. **姑娘菜 KU NIANG TS'AI.**

（燈籠兒，掛金燈，酸漿，醋漿）

Physalis alkekengi. L. (M. BN. Br. Ch.).

WINTER CHERRY. Bailey 657, BN. 1302.

The smaller species *P. minima*, L. is widespread. Porter 166. The fruit is twice as rich as lemon juice in vitamin C, it also contains the carotinoid physalin. The leaf also contains physalin. The citric acid in the fruit gives them thirstquenching properties, it is eaten raw. *Leaf, Fruit.*

7.24. **土茜苗 T'U CH'IEN MIAO.**

（茜根，地血茹盧茅蒐蒨牛蔓土茜）

Rubia cordifolia, L. var *Mungista*, Miq. (M.). MADDER. BN. 802.

The fruit is eaten fresh. The root is used to make a red dye. *Leaf, Fruit.*

7.25. **王不留行 WANG PU LIU HSING.**

（剪金草，禁宮花，剪金花）

Saponaria vaccaria, L. (M. BN. SD. Ch.).

COWHERB. Bailey 265. BN. 246.

(*Vaccaria vulgaris*, Host).

Seed has much starch (Winton i. 337). It is ground to a meal. *Leaf, Seed.*

7.26. **白薇 （白幕薇草，春草滑羨） PAI WEI.**

Cynanchum atratum, Bge. (M. SD. BN. Ch.).

SWALLOW-WORT. BN. 312.

The young pods are thoroughly boiled before eating. The Singalese eat the young leaves of the swallow-wort, Watt. *Leaf, Pod.*

7.27. **蓬子菜 P'ENG TZU TS'AI.**

Galium verum, L. (M. SD. BN.) var *luteum*, Max. (SD.).

YELLOW BED-STRAW. B. 710. BN. 1330

G. Aparine, L. is a common weed all over the sub-tropics. Porter 186. *G. verum* contains citric, and gallotannic acids, 0.21% of a glucoside asperulosid and a minute amount of fragrant oil, (Wehmer). *Shoot Leaf, Seed.*

7.28. **胡枝子 （隨軍茶） HU CHIH TZU.**

Lespedeza macrocarpa. Bge. (M. Ch.)

BUSH CLOVER B402. BN. 671.

L. bicolor, Turcz. (Ch. BN.). *Leaf, Seed.*

7.29. **米布袋 MI PU TAI.**

Astragalus sinicus, L. (M. Ch.).

CHINESE MILK VETCH. Porter 110, BN. 1107. *Shoot, Leaf, Seed.*

The edible leaves were cultivated as a vegetable in Li Shih-chen's time.

7.30. **天茄兒苗 T'IEN CH'IEH ERH MIAO.** *Leaf, Fruit.*

Solanum nigrum, L. (M. BN.).

COMMON NIGHTSHADE. Porter 164. BN. 1416. Bailey 654.

Used as a potherb throughout the tropics. The fruit is a market article in Java, (Burkill). The wild tender shoots are boiled as a spinach in India, Indo-china and Malaya. Eaten widely in Africa. The Creoles in the West Indies gather the leaves for greens, and in India they are eaten in times of scarcity. Fruit:—2.51 protein, 0.56 fat, 5.56 cbhyd, 1.19% ash.

7.31. **苦馬豆 （羊尿胞） K'U MA TOU** *Leaf, Seed.*

Swainsonia salsula, Taub. (M. Ch.). WINTER PEA.

7.32. **猪尾把苗 （狗脚菜） CHU WEI PA MIAO.** *Leaf, Seed.*

Unidentified.

8.1. **草三奈 TS'AO SAN NAI.** *Shoot, Root.*

Unidentified.

8.2. **黃精苗 HUANG CHING MIAO.** *Shoot, Root.*

（筆管菜，重樓菟竹，鷄，救窮鹿竹萎蕤，仙人餘粮垂珠馬箭百及）

Polygonatum falcatum, A. Gr. (M. Ch.).

DEER BAMBOO. BN. 1147.

P. giganteum, Dietr. var. (BN.).

This plant is known as the "poor man's relief." The root steamed and sundried nine times is used as a corn substitute with a delicious flavour. It must be fully grown otherwise it stings the throat. It is also eaten in Peking, Bretschneider.

8.3. **地黃苗 TI HUANG MIAO.** *Root. Leaf.*

（婆婆爛，地髓，苄芝）（牛蠅子）

Rehmannia glutinosa, Lib. (M. Br. Ch.). REHMANNIA. BN. 366.

R. lutea, Maxim, (BN. M. Ch.).

The leaves were eaten in Li Shih-chen's time. They are boiled or the powdered leaf is mixed with the juice from the root and cooked. The root is steamed and sundried 9 times.

8.4. **牛旁子 （惡實，鼠粘子，夜叉頭牛菜） NIU PANG TZU** *Leaf, Root.*

Arctium Lappa, L. (M. BN.). GREAT BURDOCK. B. 790. BN. 239.

The root in Japan known as Gobo is cultivated as a vegetable: analysis:—2.5 protein, 0.14 fat, 14.5% cbhdy., 1.17% ash (Japan); Inulin, USD. Leaf:—protein 3.5, fat 1.8, cbhyd. 19.4, ash 8.8% (Wehmer). It is mucilaginous and has small amount of volatile oil. The root may be eaten raw.

8.5. **遠志 （棘菀蓑繞細草小草） YUAN CHIH.** *Leafy Shoot, Root.*

Polygala tenuifolia, Willd. (M. Br. Ch.). CHINESE SENEGA.

P. japonica, Houtt (BN. 1278. SD. M.).

The roots are boiled in several changes of water, the core removed and they are again boiled in fresh water before eating. The core is deleterious. The leaves are listed as a famine food in India, Watt.

8.6. **杏葉沙參 （白麵根） HSING YEH SHA SHEN.** *Leafy Shoot, Root.*

Adenophora stricta, Miq. (SD. Ch. BN.).

Cf. 6/1. BLUE-BELL. BN. 154.

A. polymorpha. Ledeb. var. (M. Ch.).

The root is boiled in two lots of water and is said to be excellent eating.

8.7. **藤長苗 （旋菜） T'ENG CH'ANG MIAO.** *Leafy Shoot, Root.*

Calystegia japonica, Miq. (BN. Ch. Br.).

CALFORNIA ROSE. Bailey 610. BN. 1940.

These roots are considered purgative.

8.8. **牛皮消 NIU P'I HSIAO.** *Leaf, Root.*

Cynanchum caudatum, Maxim. (M. Ch. SD. BN.).

VINCETOXIN. BN. 236.

This is toxic causing paralysis, the root contains cynanchotoxin (Wehmer). It is stated that the root is peeled and sliced, boiled in changes of water to remove the bitter taste, washed and again boiled till it is very thoroughly cooked.

8.9. **菹草 （柳葉菹）（水藻） TSU TS'AO.** *Leaf. Root.*

Potamogeton crispus, L. (M. Ch.). CURLY POND-WEED. BN. 30.

Used as fodder in India, Watt.

8.10. **水豆兒 （藏菜） SHUI TOU ERH.** *Herb. Root.*

Utricularia vulgaris, L. (M. Ch.).

WATER BLADDER-WORT. BN. 764.

8.11. **水葱 SHUI TS'UNG.** *Shoot. Root.*

Fimbristylis sub-bispicata. Ness & May. (M.).

POND ONION. SEDGE.

Scirpus lacustris, L. var. (M. BN.).

The tuberous root of *F. Kysoor*. Roxb. is listed as a famine food in India, Watt.

8.12. 蒲筍 （雷蒲，甘蒲，雖醜，蒲棒，蒲黃） **P'U SUN**

Typha latifolia, L. (M. Br.). CAT-TAIL.

T. Japonica, Miq. (BN. Br. St.).

Root;—protein 6, fat 0.29, cbhyd. 17.5 of which 15.4% is starch, 2.54% ash. *Shoot, Root.*

It is peeled, sundried, ground to a flour and made into steamed cakes. The young white shoots are cut off near the root, washed, thoroughly boiled and eaten with oil and salt.

It is eaten by the Kalmouks and in various European countries; Lanessan.

8.13. 蘆筍 （葦子草蘆根蔑蘆） **LU SUN.**

Phragmites communis, Trin. (Br. St. M. BN.).

COMMON REED. BN. 1515.

The tender young shoots are used as a salad in Indo-China (Crevost). They contain a hemolytic enzyme which is probably destroyed by cooking, though it says they can be eaten raw. The southern species is said to be inedible. *Shoot,*

8.14. 茅芽根 **MAO YA KEN.**

（茅根，蘭根，茹根，地管，地筋，藻杜，白茅管茅針）

Imperata arundinacea, Cyr. (M. Ch. BN.).

FLOSS-GRASS. Porter 26. BN. 306.

There is a fair content of starch in the roots, which are sweet at the nodes. The Malays make a kind of beer from the rootlets, (Burkill). The tender young shoots and the soft inner part are eaten. It is greatly relished by cattle in India, Watt. *Shoot,*

8.15. 葛根 （雞齊根鹿藿，黃斤） **KE KEN.**

Pueraria hirsuta, Schneid. (M. H. Ch. Br. BN.).

KUDZU VINE. KE HEMP. B400. BN. 1213. Root Winton 2, 82.

(*P. Thunbergiana*, Bth).

The root is eaten steamed. A standard article in Japanese diet. As a fodder crop its chemical value is like clover. The root starch is marketed all down Eastern Asia to the Straits. Peeled root:—2.13 protein, 0.1 fat, 27.1 cbhyd. 1.45% ash (Chung and Ripperton). *Root. Flower,*

8.16. 何首烏 **HO SHOU WU.**

（野苗，交藤，夜合，地精，陳知白，桃柳藤，九眞藤）（仙草山奴，山哥山伯山翁山精）

Polygonum multiflorum, Th. (M. SD. H. Ch. BN.).

FLOWERY KNOTWEED. BN. 428.

The roots are washed, sliced with a bamboo knife, soaked overnight. *Root. Flower,*

boiled in changes of water to remove the bitter taste, again washed, then steamed or boiled

8.17. 瓜樓根 **KUA LOU KEN.**

（天花粉，括樓實地樓果蠃，天瓜澤姑黃瓜白藥）

Tricosanthes Kirilowii, Maxim. (M. Br. Ch.). GOURD.

T. japonica Rgl. (BN.). *T. multiloba*, Miq. (M.).

The root is rich in starch. It is peeled, cut into thick slices, soaked for 4 or 5 days changing the water each day, till it disintegrates and can be mashed to a fine pulp. It is made into steamed cakes. *Fruit Pulp Root.*

8.18. 磚子苗 （關子苗） **CHUAN TZU MIAO.**

Mariscus Sieberianus, Ness. (M. BN. Ch.).

TALL SEDGE. BN. 1392.

The root and seeds can both be made into a flour. *Root. Seed.*

8.19. 菊花 **CHÜ HUA.**

（節華，日精，女節，女菜，女莖更生，周盈，傳延年，陰成）（苦薏）

Chrysanthemum sinense, Sab. (M. Br. BN. Ch.).

CHRYSANTHEMUM. Bailey 759. BN. 1055.

The leaves and flowers are used in soups. The flowers are also infused like tea. Flowers:—protein 1.9. fat 0.91, cbhyd. 5.3, ash 0.66% Grey. *Leaf, Flower,*

8.20. 金銀花 **CHIN YIN HUA.**

（忍冬鷺鷥藤，左纏藤，金釵股，老翁鬚）（忍冬藤）

Lonicera japonica, Th. (M. BN. H. Br.).

CHINESE HONEYSUCKLE. WOODBINE. Bailey 726. BN. 451.

(*L. chinensis*, Wats.).

This plant contains saponin. *Leaf.*

8.21. 望江南 （茶花兒） **WANG CHIANG NAN.**

Cassia Sophera, L. (M. Br. Ch.). SOPHERA SENNA.

Ligularia japonica, Less. BN. 915.

The leaves are like senna containing emodin and chrysophanic acid, and are purgative. Li Shih-chen says the seeds as well as the leaves and flowers can be eaten. The bitter principles are removed by thorough washing. The leaves are eaten by men and animals in India, Watt. *Shoot, Leaf, Flower,*

8.22. 大蓼 **TA LIAO.**

Clematis paniculata, *Thunb.* (BN. Ch.).

PANICLED CLEMATIS. B278. BN. 64. *Leaf, Flower,*

8.23. 黑三棱 **HEI SAN LING.**
Sparganium longifolium, Turcz. (M. Br. Ch. BN.).
BUR-REED. BN. 1150.

The seed is husked, well boiled and eaten with salt and oil. *Seed.*

8.24. 荇絲菜 （金蓮兒，蔬菜菜） **HSING SZU TS'AI.**
Limnanthemum nymphoides, Hoff. & Link. (M. BN.).
FLOATING HEART. Bailey 601. BN. 936.
(*Villarsia n.* Vent.).

Used as a fodder in Kashmir, Watt. The stems of *L. cristatum*, are a common Indian food, Watt. *Shoot.*

8.25. 水慈菰 （剪刀草，剪塔草） **SHUI TZ'U KU.**
Sagittaria sagittifolia, L. (M. H. BN.).
ARROWHEAD. Bailey 95. BN. 1257. Winton 2, 120.

It is strange that this does not include the whole tuber. The tender shoots next to the root and the stem are well boiled and eaten with oil and salt. It is certainly rich in starch, like the tuber to which it is attached. *Shoot.*

8.26. 茭筍 **CHIAO SUN.**
（茭白，茭朝，菰蔣草，茭草菰菜菰首）
Zizania aquatica, L. (M. BN.).
(*Hydropyrum latifolium*, Griseb.). Winton 1, 153.
INDIAN RICE. WATER BAMBOO. BN. 1065.

Sundried seed:—13.65 protein, 0.88 fat, 72.68 cbhyd., 1.58% ash. Good content of vitamin B_1 (Kennedy). Shanghai market shoots:—protein 0.95, fat 0.26, cbhyd., 4.65, ash 0.67%. It has a little vitamin B_1. *Shoot, Seed.*

9.1. 茶樹 （茗，苦荼，木荼，荼茶，酪茶） **CH'A SHU.**
Thea sinensis, L. (M. Ch. BN.). TEA LEAF. Bailey 500. BN. 800. Winton 4, 97.

Fresh leaf:—protein 25.7, fat 6.49, cbhyd. 40.8, ash 4.97, caffein 3.3, tannin 12.9%. Of this 50.97 is extractible with hot water. It can be eaten boiled or sundried and infused. *Leaf.*

9.2. 夜合樹 （合歡，合昏） **YEH HO SHU.**
Albizzia julibrussin, Dur. (M. H. BN.).
MIMOSA. Bailey 433. BN. 353. *Leaf.*

9.3. 木槿樹 **MU CHIN SHU.**
Hibiscus syriacus, L. (M. H. Ch. BN.).
SHRUBBY ALTHAEA. Bailey 496. BN. 198. *Leaf.*

9.4. 白楊樹 （白楊樹皮） **PAI YANG SHU.**
Populus alba, L. (M. Br. Ch. BN.). POPLAR. Bailey 225. BN. 312.

This is rich in vitamin C and contains populin, monobenzoylsalicin. *Leaf.*

9.5. 黃櫨 **HUANG LU.**
Rhus cotinus, L. (M. H. Ch. BN.).
HUNGARIAN FUSTIC. Bailey 460. BN. 1149.

The volatile oil in the leaves contains pinene and camphene. *Shoot.*

9.6. 椿樹芽 **CH'UN SHU YA.**
（椿木，杶本，山椿虎目，椿荻，樗荻
Cedrela sinensis, A. Juss. (M. Ch. Br. H. BN.). Shoot.
CHINESE CEDAR. Bailey 449. BN. 1177.

Shanghai market vegetable:—protein 5.97, fat 1.02, cbhyd. 6.57, ash 1.48%. Rich in vitamin A and a trace of C. *Shoot.*

9.7. 椒樹 （蜀椒，南椒，巴椒唐蔻） **CHIAO SHU.**
Zanthoxylum piperitum, DC. (M. Ch. BN.).
PEPPERY ASH. BN. 827.

The fruit contains 3% essential oil and is very spicy. The leaf has also a fragrant oil and a saponin. *Leaf.*

9.8. 椋子樹 （椋子木） **LIANG TZU SHU.**
Cornus macrophylla, Wall. (M. H. Ch.). DOGWOOD. BN. 1192.

BN. 1045 gives the identification *Ehretia acuminata*, R. for 椋子木 A goat food in India; where the fruit is regularly eaten by people. *Leaf.*

9.9. 雲葉 **YUN YEH**
Euptelea polyandra, S. & Z. (Ch. BN. M.).
E. franchetii, Van (Ch.) BN. 1131 *Leaf.*

9.10. 黃楝樹 **HUANG LIEN SHU.**
Picrasma quassioides, Benn. (Ch. BN. Wilson). QUASSIA BN. 1144.
The shoots can be infused as a tea. *Leafy, Shoot.*

9.11. 凍青樹 **TUNG CH'ING SHU.**
Ligustrum lucidum, Ait (M.G.) PRIVET. Bailey 594
L. japonicum, Thunb. BN. 67.
Xylosma racemosum, Miq. (H. M.)
The leaves contain a glucoside syringin. *Leafy Shoot.*

9.12. 樁芽樹 **JUNG YA SHU.**
Unidentified. *Leaf.*

9.13. 月芽樹 （芍芽） **YUEH YA SHU.**
Unidentified. *Leaf.*

9.14. 女兒茶 （牛李子，牛筋子） **NÜ ERH CH'A.**
Rhamnus virgatus, Roxb. (H. Br.). BUCKTHORN.
Prepared as usual with oil and salt, or infused as a tea. *Leaf.*

9.15. 省沽油 （珍珠花） **SHENG KU YU.**
Staphylea Bumalda, S. & Z. (M. Ch. BN.) Leaf.
BLADDER NUT. B 466. BN. 700 *Leaf.*

9.16. 回回醋 （淋模撒） **HUI HUI TS'U.**
Unidentified. *Leaf.*

9.17. 白槿樹 **PAI CHIN SHU.**
Hibiscus mutabilis, L.
COTTON-ROSE. WHITE MALLOW. Bailey 496. Burkill 1167.
There is a white variety of this tree mallow which corresponds most closely to this. *Leaf.*

9.18. 槭樹芽 **CH'I SHU YA.**
Acer palmatum. Th. (M. BN.). MAPLE. B 469. BN. 1323.
A. pictum, Thunb. (Ch.).
Used as fodder in India, Watt. *Leaf.*

9.19. 老葉兒樹 **LAO YEH ERH SHU.**
Photinia villosa, DC. (Ch. M. BN.). PHOTINIA. B 379. BN. 410
(*Pourthiaea v.* Decne.). *Leaf.*

9.20. 青楊樹 **CH'ING YANG SHU.**
Salix gracilistyla, Miq. (MB.). WILLOW BN. 223. *Leaf.*

9.21. 龍柏芽 **LUNG PAI YA.**
Unidentified.
Quercus sp. *Leaf.*

9.22. 兜櫓樹 （壞香葉） **TOU LU SHU.**
Platycarya strobilacea. S. & Z. (M. H. Ch.). BN. 161. *Leaf shoc*

9.23. 青岡樹 **CH'ING KANG SHU.**
Quercus glauca, Th. (D.M.). OAK. B 231.
Q. serrata. Th. (H) and others.
The leaves of several oaks are prized as cattle food in India. Watt. *Leaf.*

9.24. 檀樹芽 **T'AN SHU YA.**
Dalbergia hupeana, Hce. (M. H.). DALBERGIA.
The leaves of the black-wood trees of India are a common fooder and certainly nonpoisonous. *Leafy Shoot.*

9.25. 山茶科 **SHAN CH'A K'E.**
Clethra barbinervia, S. & Z. BN. 113. WHITE ALDER. *Leaf.*

9.26. 木蕷 **MU KE.**
Unidentified. *Leaf.*

9.27. 花楸樹 **HUA CH'IU SHU.**
Sorbus aucuparia, L. (Ch.). ROWAN, MOUNTAIN-ASH. B 380.
The leaves yield amygdalin a cyanogenetic glucoside, Wehmer. *Leafy Shoot.*

9.28. 白辛樹 **PAI HSIN SHU.**
Halesia corymbosa, B. & H. (BN. Ch.).
SILVER BELL. SNOWDROP TREE. BN. 299. *Leaf.*

9.29. 木樂樹 **MU LUAN SHU.**
Koelreuteria paniculata, Lap. (M. Br. BN.).
CHINA TREE. B 471. BN. 1567 *Leafy Shoot.*

9.30. 烏桕樹 **WU LING SHU.**
Unidentified *Leaf.*

9.31. 刺楸樹 **TZ'U CH'IU SHU.**
Acanthopanax ricinifolium, Seem. (M. Ch. Br. BN.).
SPINY PANAX. Bailey 558. BN. 503. *Leafy Shoot.*

9.32. 黃絲藤 **HUANG SZU T'ENG**
Unidentified. *Leaf.*

9.33. 山格剌樹 **SHAN KE TZ'U SHU.**
Unidentified. *Leaf.*

9.34. 杭樹 **HANG SHU.**
Unidentified. *Leaf.*

9.35. 報馬樹 **PAO MA SHU.**
Unidentified. *Leaf.*

9.36. 椵樹 **CHIA SHU.**
Tilia argentea, (M. H.). LINDEN B 482.
T. oliveri, *Szys.* (H) and others. *Leaf.*

9.37. 臭䔧 **CH'OU KUNG.**
Unidentified. *Leaf.*

9.38. 堅夾樹 **CHIEN CHIA SHU.**
Viburnum japonicum, Spr. (M. Ch. BN.).
JAPANESE VIBURNUM. Bailey 720. BN. 879.
V. sempervirens, Koch. (M. H. Ch.). *Leaf.*

9.39. 臭竹樹 **CH'OU CHU SHU.**
Unidentified. *Leaf.*

9.40. 馬魚兒條 （山皂角） **MA YÜ ERH T'IAO.**
Gleditschia sinensis, Lamb. (Ch.). SOAP-BEAN TREE. *Leaf.*

9.41. 老婆布粘 **LAO P'O PU CHAN.**
Unidentified. *Leaf.*

10.1. 蘼核樹 （蘼李子） **JUI HO SHU.**
Prunus undulata, Wall. (St. Ch.) Eaten Fresh. *Fruit.*

10.2. 酸棗樹（㯳棗）（酸棗人） **SUAN TSAO SHU.**
Zizyphus vulgaris, Lam. var. *spinosus*, *Bge.* (Br. St. BN.).
SPINY JUJUBE. BN. 1300. Burkill 2305.
Eaten fresh. Used to ferment wine. Whilst still green they can be eaten boiled. For analysis see 13/17. *Fruit.*

10.3. 橡子樹 （橡實，櫟子木，橡斗） **HSIANG TZU SHU.**
Quercus Bungeana, Forbes. (M. Br. Ch.). CHINESE OAK.
Q. serrata, Thunb. BN. 1377.
The acorns are soaked in 15 changes of water to remove the astringent taste, then steamed till thoroughly cooked. They are fattening and strengthening. Highly nutritious, rich in starch, protein and fat, U.S.D. 1542. The bitter principle, removed by washing, is a cause of diarrhoea. Cranfield's analysis of partially dried shelled kernels for poultry food yielded:—protein 7.9, fat 4.6, cbhyd. 67.8, ash 2.24%. *Seed.*

10.4. 荊子 （牡荊臭小荊實，黃荊） **CHING TZU.**
Vitex negundo, L. (M. H. Ch. BN.).
VITEX. B 632. BN. 462. Burkill 2239.
V. incisa, Lam. (Br.).
After washing to remove the bitterness, they are ground into a flour. *Seed.*

10.5. 實棗兒樹 **SHIH TSAO ERH SHU.**
（山茱萸，蜀棗，雞足，鬼實，鼠矢）
Cornus officinalis, S. & Z. (M. BN. Br. Ch.).
CORNEL CHERRY. BN. 111.
The large European species contains in the fruit about 8.6% sugar, 2.9% malic acid, 0.74% ash. They are eaten fresh. *Fruit.*

10.6. 孩兒拳頭 **HAI ERH CH'UAN T'OU.**
（英蒾，鼓蒾，羽先）
Viburnum dilatatum, Th. (M. Ch. BN.). VIBURNUM. B 720. BN. 938.
Eaten fresh, or boiled into a porridge with the juice from the stems. The fruit of the closely allied species *V. dovuricum* is eaten in Siberia. *Fruit.*

10.7. 山棗兒 （金剛樹，鐵刷子） **SHAN LI ERH.**
Smilax trinervula, Miq. (M. BN.). CAT BRIER. BN. 115.
Eaten fresh. *Fruit.*

10.8. 山裏果兒 （山裏紅，映山紅果） **SHAN LI KUO ERH.**
Crataegus cuneata, S. & Z. (M. Br. BN.). RED HAW. BN. 124.
C. pinnatifida, Bge. (M.). (*Mespilus C.* S. & Z.).
Shanghai market:—protein 0.44, fat 1.03, cbhyd. 22.1, ash 0.79%. Rich in vitamin C, fruit acids, pectin. *Fruit.*

10.9. 無花果 **WU HUA KUO.**
Ficus carica, L. (M. BN. Ch.). FIG Winton 2, 506. BN. 1048.
1.0 protein, 0.4 fat, 12.6 cbhyd. 0.45% ash. A small amount of vitamins A, B_1, B_2 and C, and a trace of D. Much vitamin A, Wehmer. *Fruit.*

10.10. 寄舍子條 **CH'ING SHE TZU T'IAO.**
Unidentified. *Fruit.*

10.11. 白棠子樹 **PAI T'ANG TZU SHU.**
（沙棠梨兒，羊媚子樹，剪子果）
Callicarpa mollis, S. & Z. (M. BN.). SCISSOR BERRY. BN. 310. *Fruit.*

10.12. 拐棗 **KUAI TSAO.**
Hovenia dulcis, Th. (M. H. Wilson). RAISIN TREE B 476. BN. 649. *Fruit.*
Eaten fresh.

10.13. 木挑兒樹 **MU T'AO ERH SHU.**
Celtis sinensis, Pers. (St. Faber). HACKBERRY. BN. 384.
Eaten fresh. *Fruit.*

10.14. 石岡槲 **SHIH KANG HSIANG.**
Quercus sp. (M.). ACORN.
Boiled up to 7 times till very well cooked. Cf. 10/3. *Seed.*

10.15. 水茶臼 **SHUI CH'A CHIU.**
Unidentified. *Fruit.*

10.16. 野木瓜 （八月瓜，木瓜） **YEH MU KUA.**
Stauntonia hexaphylla, Decne. (Ch. BN.). BN. 974.

The ripe fruit can be eaten fresh, or it is boiled twice over to soften. The Indian fruit is used as a food. *Fruit.*

10.17. 土樂樹 **T'U LUAN SHU.**
Unidentified. *Fruit.*

10.18. 駱駝布袋 **LU T'O PU TAI.**
Lonicera gracilipes, Miq. (Br. 2, 414)
HONEYSUCKLE. WOODBINE.

Eaten fresh. The fruit of all species of Lonicera the USD says are emetic and cathartic. *Fruit.*

10.19. 婆婆枕頭 **P'O P'O CHEN T'OU.**
Unidentified. *Fruit.*

10.20. 吉利子樹 （急雚子種） **CHI LI TZU SHU.**
Lonicera Morrowi, A. Gr. (BN. Ch.).
RED HONEYSUCKLE. B 725. BN. 599.

Eaten fresh. See note to 10.18. *Fruit.*

11.1 枸杞 **KOU CH'I.**
（杞根枸忌地輔羊乳，却暑，仙人杖，西王母杖
Lycium chinense, Mill. (M. C. BN. Ch.).
KUKO. MATRIMONY VINE. B 659. BN. 659.

Cultivated by Chinese in Malaya, the young shoots are sold as a flavouring with pork. Also in the Honolulu and Java markets. The leaf can be infused. Shanghai market, leafy shoots:—protein 3.9, fat 0.72, cbhyd. 2.25, ash 1.37%. Rich in vitamin A. The ripe fruit can be eaten fresh. *Fruit.*

11.2. 桕樹 （柏實，側柏葉） **PAI SHU.**
Thuja orientalis. L. (M. BN. Ch.). ARBOR-VITÆ. B 93. BN. 869. *Seed.*

11.3. 皂莢樹 （猪牙皂莢） **TSAO CHIA SHU.**
Gleditschia sinensis. Lam. (M. H. Ch. Br.). SOAP-BEAN TREE.
G. japonica, Miq. BN.

The seeds are roasted, husked, soaked till soft, boiled and eaten with sugar. Cf. 9.40. *Shoot, Seed.*

11.4. 楮桃樹 （楮實，穀實，斑穀） **CH'U T'AO SHU.**
Broussonetia papyrifera, Vent. (M. H.).
PAPER MULBERRY. BN. 1261. Bailey 235.

The dried leaves contain 1% calcium carbonate (Wehmer). The fresh fruit is said to have an excellent sweet flavour. prolonged ingestion weakens the bones. *Fruit, Flower.*

11.5. 柘樹 （拓木） **CHE SHU.**
Cudrania triloba, Hce. (M. Ch. H. Br.).
TSA TREE. SILKWORM-THORN. BN. 271.

In the Moluccas the young leaves of *C. javanensis* are eaten raw. The fruit is eaten fresh. *Leaf, Fruit.*

11.6. 木羊角科 （羊桃小桃花） **MU YANG CHIAO K'E.**
Actinidia chinensis, Pl. (Br. Ch.).
ICHANG GOOSEBERRY. Bailey 500.

A common edible fruit in Central China, very delicious. *Leaf.*

11.7. 青檀樹 **CH'ING T'AN SHU.**
Celtis sinensis, Pers. (H. M. G.). See 10.13.
HACKBERRY BN. 384. *Leaf.*

11.8. 臘梅花 **LA MEI HUA.**
Chimonanthus fragrans, Lindl. (M. BN. H. Ch.).
WINTER-SWEET. Bailey 292. BN. 1540.
(*Merotia precox*, R. & W.).

Thoroughly boiled, washed and eaten with oil and salt. *Flower,*

11.9. 藤花菜 **T'ENG HUA TS'AI.**
Wisteria chinensis, DC. (M.). WISTERIA. Bailey 417. BN. 1113.
(*Kraunhia floribunda*, Taub.).

Prepared as for 11.8. They are a common addition to cakes around Peking. *Flower,*

11.10. 錦雞兒 （錦雞兒，鹽辨子） **PA CH'IH HUA.**
Caragana Chamlagu, Lam. (M. BN. Br.).
CHAMLAGU PEA TREE. B 411. BN. 1406.

Prepared the same as 11.8, or oven dried and used as an infusion. *Flower,*

11.11. 楸樹 **CH'IU SHU.**
Calalpa Kaempferi, S. & Z. (M. H. Ch.). CATALPA. B 689. BN. 920.
The fresh or dried flowers can be used as above. *Flower,*

11.12. 馬棘 **MA CHI**
Indigofera pseudotinctoria, Matsum. (M. Ch.). FALSE INDIGO. *Flower,*

11.13. 槐樹芽 （槐實，守宮槐槐槐） HUAI SHU YA.

Sophora japonica, L. (M. Br. Ch. BN.).

YELLOW BERRY. PAGODA TREE. B 413 BN. 1262. Burkill 2055.

The leaves are also recommended, cooked with rice. The shoots boiled and sundried three times lose their bitterness. *Flower.*

11.14. 棠梨樹 T'ANG LI SHU.

Pyrus betulaefolia, Bge. (M. H. Ch. BN.). PEAR. BN. 1031.

The sundried flowers powdered are made into baked cakes. The leaves can be treated in the usual way by boiling etc. or dried and used as tea. *Flower, Fruit, Leaf.*

11.15. 文冠花 WEN KUAN HUA.

Xanthoceras sorbifolia, Bge. (M. BN.).

YELLOW HORN. B 471. BN. 177.

The leaves and flowers are boiled. The seeds are husked and the kernels powdered and boiled. *Flower, Leaf, Seed.*

11.16. 桑椹樹 （桑根白皮雞桑） SANG SHEN SHU.

Morus alba. L. (M. Ch. H. BN.). MULBERRY. B 234. BN. 768.

In Malaya the young leaves are eaten by nursing mothers (Burkill). They make a very good vegetable in the Dutch East Indies (Ochse). A small amount of vitamin C present. Eaten fresh, or fermented into wine. The leaves contain carotin and much tannin, 10% ash very rich in lime, 4.7% of leaf. They contain much carbohydrate, fat and nitrogenous matter, and a moderate amount of vitamin C. The bark can can also be roasted and ground to a meal for food. *Flower, Leaf, Fruit.*

Fruit:—protein 1.5, fat 0.4, cbhyd. 7.8, malic acid 0.7%, Plimmer.

11.17. 榆錢樹 （榆皮，零榆） YU CH'IEN SHU.

Ulmus campestris, L. (M. BN. Ch.).

ENGLISH ELM. B 233. BN. 1185.

The seed contains protein 34.4, fat 28.2, cbhyd. 17, ash 5%, Wehmer. They are said to be an excellent food but taken to excess cause sleepiness. The inner bark is rich in bassorin and lime giving it a mucilaginous character. It is powdered and steamed. The leaves are prepared as usual, boiling, washing and eaten with oil and salt. They are used extensively in Europe as a cattle food. *Leaf, Seed. Inner, Bark.*

11.18. 竹筍 （竹葉） CHU SUN.

Phyllostachys bambusoides, S. & Z. (M.). Several varieties.

BAMBOO SHOOT. BN. 395.

Spring variety:—protein 2.1, fat 0.33, cbhyd. 3.19, ash 0.98% and a small amount of vitamin C. *Shoot,*

12.1. 野豌豆 YEH WAN TOU.

Lathyrus maritimus, Bigal. (M. SD. BN.). BEACH PEA.

var. *Thunbergianus*, Miq. (BN.). *Pea.*

12.2. 野豆 LAO TOU.

Glycine ussuriensis, Regal (M. SD. Ch.). WILD SOYA.

G. soja S. & Z. BN. 1335.

Used exactly like the ordinary soybean, 12/12, Protein 42.6, fat 8.3, cbhyd. 27.3. ash 5%. Peking. *Bean.*

12.3. 山扁豆 SHAN PIEN TOU.

Cassia mimosoides, L. (M. SD. Ch. BN.).

SENSITIVE SENNA. BN. 108.

The young tender legumes can be eaten boiled. When fully ripe the extracted seeds are eaten boiled. *Legume.*

12.4. 回回豆 （那合豆） HUI HUI TOU.

Unidentified. *Bean.*

12.5. 胡豆 HU TOU.

Indigofera decora, Lindl. (M. Ch. BN.). BN. 671.

Eaten boiled or made into a flour. The seed of several species of Indigofera are made into bread in India in times of scarcity, Watt. *Bean.*

12.6. 蚕豆 TS'AN TOU.

Vicia Faba, L. (M. H. Ch. BN.).

B. 391. Porter 116. BN. 1577. Winton 2, 314.

HORSE BEAN. BROAD BEAN.

Fresh:—Protain 8.76, fat 0.46, cbhyd. 13,78, ash 1.23%, Shanghai. *Bean.*

12.7. 山菉豆 SHAN LU TOU.

Desmodium japonicum (Miq. (Ch. BN.).

D. podocarpum, DC. var (BN.).

TICK TREFOIL. B 402. BN. 117.

The small-leaved species is eaten by the Santals, Watt. *Bean.*

12.8. 蕎麥苗 CH'IAO MAI MIAO.

Fagopyrum esculentum, Moench. (M. BN. SD. Ch.).

BUCKWHEAT. B 246. BN. 1383.

Grain:—10.02 protein, 2.24 fat, 64.43 cbhyd. 2.02% ash (Winton 1, 393)

The leafy shoots prepared in the usual way are said to be slightly laxative. When other crops fail this is often planted, it matures in less than 8 weeks. *Shoot. Leaf. Seed.*

12.9. 御米花 （罌子粟，象穀米囊，囊子） YU MI HUA.

Papaver somniferum, L. (M. BN.).

POPPY, B 297. 1522. Winton *1*, 431.

The ancient Greeks sprinkled the seeds over cakes. Analysis:—22.7 protein, 48.02 fat, 9.81 cbhyd., 7.14% ash (Mach). The leaf has 5.78% ash rich in potash and lime. The seeds and leaves of the poppy contain none of the narcotic principles of opium. The seeds are used for food all over the world and are highly nutritious. *Leaf. Seed.*

12.10 赤小豆 （赤豆） CH'IH HSIAO TOU.

Phaseolus Mungo, L. var. *subtribobata*; F. & S. (M. BN. Br. Ch. H.).

RED MUNG BEAN. B 396. BN. 475. Winton *2*, 373.

P. angularis, Wright (Ch.).

The four day old seedlings are cultivated in quantity in the Straits. Bean:—19.1 protein, 0.70 fat, 57.4 cbhyd. 3.43% ash, with a small amount of vitamins B_2 and probably A and B_1. *Leafy bean. legume.*

12.11. 山絲苗 （麻蔴，麻勃，牸麻母） SHAN SZU MIAO.

Cannabis sativa, L. (M.) HEMP. B 239. BN. 55. Burkill 437.

Though botanists make no clear distinction between the narcotic Indian Hemp and other races, it is well known that the tall Chinese variety has not got the narcotic effect of the shorter race growing in Indo-China. Farmers in North China eating this seed show no narcotic effect. *Leaf. Seed.*

The leaf contains 0.215% carotene.

Seed:—protein 27.1, fat 25.6, cbhyd. 7.4, ash 6.1%. Japan Foods, Grey.

12.12. 油子苗 （白油苗，芝麻） YU TZU MIAO.

Sesamum indicum, L. (M.).

SESAME. TEAL. B 692. BN. 674. Burkill 1994.

Shanghai market seed white:—protein 21.5, fat 60.8, cbhyd. 8.94, ash 3.37%. Medium amounts of vitamins A, B_1 and C. The black seed is very rich in B_1 and rich in C. The oil is also expressed from the seed for use. The leaves contain chlorogenic acid, and are used as a demulcent in India. *Shoot, Leaf. Seed.*

12.13. 黃豆苗 HUANG TOU MIAO.

Glycine hispida, Maxim. (M. H. Br. BN.).

YELLOW SOYBEAN. B 403. BN. 1133. Winton *1*, 512.

(*G. soja*, Btt.).

The seedlings are cultivated and eaten by Chinese in Malaya (Burkill). Leaf and stem:—3.0 protein, 1.0 fat, 11.5 cbhyd. 2.4% ash. Fresh young pods:—15.2 protein, 7.1 fat, 9.7 cbhyd, 1.82% ash; vitamin C small amount. Bean:—40.5 protein, 20.2 fat, 21.0 cbhyd, 5.0% ash; a medium amount of vitamins A, B_1 and B_2, and a small amount of vitamins C and E. The leaves and stems make excellent fodder. *Shoot, Leaf. Legume, bean,*

12.14. 刀豆苗 TAO TOU MIAO.

Canavalia gladiata, DC. (M. H. SD. Ch.). SWORD BEAD. Bailey 239.

C. ensiformis, DC. (BN.).

Legume with seed, 17.76 protein, 3.1 fat, 56.1 cbhyd. 3.79% ash. Bean, 26.85 protein, 3.0 fat, 56.9 cbhyd. 3.38% ash. (Winton). *Shoot, Leaf. Legume, bean.*

12.15. 眉兒頭苗 MEI ERH T'OU MIAO.

Dolichos Lablab, L. (M.).

KIDNEY BEAN. HYACINTH BEAN. B 399. BN. 1461.

The young leaves are eaten as a vegetable in Malaya (Burkill). Also in India. Fresh pod with bean, 3.2 protein, 0.3 fat, 5.4 cbhyd. 0.81% with a small amount of vitamin A, B_2, and C, rich in B_1. Bean; 3.3 protein, 0.3 fat, 6.2 cbhyd. 0.95% ash (Winton). The protein is rich in tryptophane, arginine, lysine and tyrosine. The dried, salted and sprouted beans are common on the market. The leaves and stalks are considered a valuable fodder, Watt. *Shoot, Leaf. Legume, Bean.*

12.16. 紫豇豆苗 TZU CHIANG TOU MIAO.

Vigna sinensis, Hassk. (M.).

PURPLE COWPEA. B 397. BN. 836. Burkill 2230.

The seedlings are cultivated for food in Malaya by the Chinese. Bean:—20.03 protein, 1.4 fat, 56.9 cbhyd. 3.28% ash, with vitamin A, and B_2 medium, vitamin B_1 a little, rich in vitamin C. *Shoot, Leaf. Legume,*

Young pod:—2.76 protein, 0.48 fat, 4.13 cbhyd., 0.6% ash. Shanghai.

12.17. 蘇子苗 SU TZU MIAO.

Perilla nankinensis, Decne. (M.). PERILLA. B 646. BN. 1114.

The fragrant leaf is a seasoning like mint, used throughout Eastern Asia; protein 1.66, fat 0.47, cbhyd 4.81, ash 1.79% Japan. Seed Cf. 14/29. *Leaf. Seed.*

12.18. 豇豆苗 CHIANG TOU MIAO.

Vigna sinensis, Hassk (M.).

COWPEA. B 341. BN. 836. Winton *2*, 378: *1*. 669.

Leaf and stem:—2.4 protein, 0.4 fat, 7.1 cbhyd., 0.48% ash, rich in vitamin C, medium amounts of A and B_1 and B_2 a little. *Leaf. pod, bean.*

Bean:—21.1 protein, 2.1 fat, 56.7 cbhyd., 2.99% ash with medium amounts of vitamin A, B_1, and B_2 and C a little.

12.19. 山黑豆 SHAN HEI TOU.

Dumasia truncata, S. & Z. (M. Br. BN. SD Ch.) *Leaf. Legume.*

WILD BLACK BEAN. BN. 119. *Bean.*

12.20. 莧芒粿 （紅落梨） SHUN MANG KU.

Chenopodium album, L var. (M.) PINK PIGWEED.. B 249, BN. 1488.

The starchy seeds are cultivated for food in Northern Burma and Annan. Ordinary pigweed develops pink stems at one stage of its development. The leaves are rich in vitamin C. Cf. 14/30. *Shoot. Leaf. Seed.*

13.1. 櫻桃樹 YING T'AO SHU.

Prunus Pseudo-cerasus, Lindl. (M. Br. Ch.).
var. spontanea, Maxim. (BN.).

CHERRY. BN. 1528. Bailey 370.

E. P. 1.0% protein, 0 8% fat, 16.5% carbohydrate, 0.6% ash. Peking. Medium amount of vitamins A, B_1 and P, little C. *Fruit.*

13.2. 胡桃樹 HU T'AO SHU.

Juglans regia, L. (M. Ch.).
var. *sinensis*, D.C. (Ch. BN. 672).

WALNUT Bailey 237 Winton *1*, 390.

Shanghai:—15.8% protein, 66.9% fat, carbohydrate 10.8, ash 1.8%, E. P. Medium amounts of vitamins A, B_1 and C and a little E. *Nut.*

13.3. 柿樹 SHIH SHU.

Diospyros Kaki, L. (M Ch. BN.).

PERSIMMON. BN. 645. Bailey 590.

E. P. 0.7% protein, 0.1% fat, 10.5% carbohydrate, 2.9% ash: Peking flat type. 0.4 protein, 0.2 fat, 16.3 carbohydrate, 0.4 ash: Shanghai round. A moderate amount of vitamin A and a little vitamin C. *Fruit.*

13.4. 梨樹 LI SHU.

Pyrus sinensis. L. (M. BN Br. Ch.). CHINESE PEAR. BN. 922.

E. P. 0.1% protein, 0.1% fat, 9.1% carbohydrate, 0 2% ash, Peking. A medium amount of vitamins B_1 and B_2. *Fruit.*

13.5. 葡萄 P'U T'AO.

Vitis vinifera, L. (M. Br. Ch. BN.). GRAPE. Bailey 478. BN. 1214.

E.P 0.2% protein, 10.8% carbohydrate, 0 fat 0.2% ash, Peking. A small amount of vitamins A, B_1 and B_2, C medium. *Fruit. Leaf.*

13.6. 李子樹 LI TZU SHU.

Prunus communis, Huds. (M. BN Br. Ch.).
(*P. domestica*, L.).

PLUM. Bailey 368. BN. 453.

E. P. 1.0% protein, 0 fat, 20.1% carbohydrate, 0.5% ash, Peking. Citric acid 0.9%. A small amount of vitamins A and C, B_1 medium. *Fruit.*

13.7. 木瓜 MU KUA.

Cydonia sinensis, Thionin. (M. Br Ch.).

QUINCE. Bailey 377. BN. 1262.

(*Chaemomeles s.* Roehne).

This term in China also applies to the common quince, which contains 8.5% sugar, 1% malic acid and a small amount of vitamin C. Shanghai market:—protein 0.56, fat 0.3, cbhyd. 26.84, ash 1.23% Rich in vitamin C. *Fruit.*

13.8. 櫨子樹 LU TZU SHU.

Unidentified *Fruit.*

13.9. 郁李子 YU LI TZU.

Prunus japonicus, Th. (M Br. Ch. BN.).

DWARF CHERRY B 369. BN. 638. Cf. 13/1 *Fruit.*

13.10. 菱角 LING CHIAO

Trapa natans, L. (M. H. SD. Br BN.).

WATER CALTHROP. BN. 558 Bailey 554. Winton *1*, 349.

HORN CHESTNUT

Shanghai E. P.:—protein 4.97, fat 0.67, cbhyd. 46.6, ash 1.39%. A little vitamin C. *Seed.*

Eaten raw or boiled. The starch is also extracted.

13.11. 軟棗 JUAN TSAO.

Diospyros Lotus, L. (M. H. Ch.).

DATE-PLUM. BN. 435. Bailey 590.

E. P. 1.9% protein, 0.2% fat, 47.7% carbohydrate. 1% ash, Peking. *Fruit.*

13.12. 野葡萄 （燄黑） YEH P'U T'AO.

Vitis labrusca, L. (M. Br.). FOX GRAPE. Bailey 478. Winton 2, 747.
(*V. filicifolia*, Bge.).
V. Thunbergii, S. & Z. BN. 985.

8.8 to 16.6 sugars with 1 to 2% tartaric acid. Ash 0.5. Small amounts of vitamins A. B_1 and C. E. P. protein 0.5, fat 0.2, cbhyd. 16.6, ash 0.2%. *Fruit.*

13.13. 梅杏樹 MEI HSING SHU.

Prunus mume, S. & Z. (M. Br. Ch.).

JAPANESE APRICOT. B. 368. BN. 917.

E. P. 0.9% protein, 0 fat, 18.9% carbohydrate, 0.6% ash, Peking. A small amount of vitamin B_1. *Fruit.*

13.14. 野櫻桃 YEH YING T'AO.

Prunus tomentosa, Th. (M.). WILD CHERRY. B 369. Cf. 13/1.
Elaeagnus longipes, A. Gr. (BN. 988). *Fruit.*

13.15. **石榴 SHIH LIU.**

Prunica granatum, L. (M. Br. Ch. BN.).

POMEGRANATE. Bailey 533. BN. 375. Burkill 1839.

Fruit E. P.—1.5% protein, 1.6% fat, 16.8% carbohydrate, 0.6% ash, Peking. A medium amount of vitamin C. Eaten to excess said to be deleterious and blacken the teeth. *Fruit, Leaf.*

13.16. **杏樹 HSING SHU.**

Prunus armeniaca, L. (M. Ch. BN.). APRICOT, B 368. BN. 454.

Peking Fruit:—E. P. 1.2% protein, 0 fat, 11.1% carbohydrate, 0.8% ash. A medium amount of vitamins A and B_2. Also citric and malic acids. *Fruit, Leaf.*

13.17. **棗樹 TSAO SHU.**

Zizyphus sativa, Gaertn. (M. Br. Ch. BN.).

JUJUBE. CHINESE DATE. BN. 1029. Bailey 475.

(*Z. vulgaris, Lam.*).

Fruit:—E. P. 1.2% protein, 0.2% fat, 23.8% carbohydrate, 0.4% ash, Peking. Shanghai market dried:—2.9. 2.32, 62.9 and 1.27 respectively. A little vitamin C present. The leaf is valued highly as cattle fodder in India. *Fruit, Leaf.*

13.18. **桃樹 T'AO SHU.**

Prunus Persica, S. & Z. var. *vulgaris*. Maxim. (M. Ch. BN.).

PEACH. B 368, BN. 780.

Protein 0.8, fat 0.6, cbhyd. 14.84, ash 0.73%. Medium amounts of vitamins A and C and a little B_1. *Fruit, Leaf.*

13.19. **沙果子樹 (花紅) SHA KUO TZU SHU.**

Pyrus serotina, Rehd. var. *culta*, Rehd. (Bailey).

CHINESE SAND PEAR. B 383.

P. sinensis, L. (M.).

Sugars 5.8 to 9.15%, fruit acids 0.06 to 0.56%, Mach and Portele. Protein 0.4, fat 0.02, cbhyd. 11.7, ash 0.55%, Japan foods, Grey. *Fruit, Leaf.*

13.20. **芋苗 YU MIAO**

(土芝，芋頭青芋白芋眞芋速禪芋，紫芋野芋)

Colocasia antiquorum, Schott. (M. BN.).

TARO. AROID. BN. 464. Bailey 136.

E. P. 2.2 protein, 0.1 fat, 16.7 carbohydrate, 0.8% ash, Peking.

It contains a small amount of vitamin C. The poisonous properties of wild taros are removed by thorough cooking. *Root.*

13.21. **鐵荸薺 (烏芋) T'IEH PO CH'I.**

Eleocharis plantaginea; R. Br. (M. H. Ch. BN.). Corm.

WILD WATER CHESTNUT. BN. 790. Winton 2, 123.

(Scirpus p. Retz).

E. tuberosa, Schultz is only considered to be the cultivated form of this species. The fresh cultivated corms contain about 13% carbohydrates, consisting of equal proportions of starch and sugars, 1% ash and a medium amount of vitamin C. E. P 1.4 protein, 0.1 fat, 20.1 cbhyd. 1.4% ash, Peking. *Stem.*

13.22. **蓮藕 (石蓮子，乾藕) LIEN OU.**

Nelumbo nucifera, Gaertn. (M. Br. Ch. BN.).

LOTUS. Bailey 271. BN. 1331.

Root: 1.7 protein, 0.1 fat, 9.7 cbhyd. 1.1% ash, Peking. Vitamin B_1 a little, vitamin C medium. *Root. Seed.*

Dried seed: 15.9 protein, 2.8 fat, 70.1 cbhyd. 3.9% ash. The fresh seed has a little vitamin C.

13.23. **雞頭實 (芡) CHI T'OU SHIH.**

Euryale ferox, Salisb. (M. Ch. Br. BN.)

CHICKEN-HEAD. FOX-NUT. BN. 559.

The dried seeds known as foxnuts are rich in starch. Shanghai market:—9.8 protein, 0.3 fat, 75.7 carbohydrate, and 0.6% ash. A common food in India. *Root. Seed.*

13.24. **蕓薹菜 YUN T'AI TS'AI.**

Brassica campestris, L. var. *oleifera*, DC. (M. Ch. BN.).

CHINESE COLZA. B 306. BN. 1388.

(*B. parachinensis*, Bailey).

Stem 3.94 protein, 0.6 fat, 5.2 cbhyd. 1.6% ash.

Leaf 1.2 protein, 0.3 fat, 1.9 cbhyd. 0.9% ash.

In both a small amount of vitamins A, B_1 and D, moderate amount B_2, rich in C. *Stem, Leaf.*

13.25. **莧菜 HSIEN TS'AI.**

Amarantum blitum, L. (Ch. BN. Br. M.).

WILD AMARANTH, BN 982

3.88 protein, 1.1 fat, 9.38 cbhyd. 3.2% ash; 323 mg. % calcium, 8.3 mg. % iron, very rich in vitamins A and C and rich in vitamin B_1. *Stem, Leaf.*

13.26. **苦苣菜 (野苣，揭菜，天精菜) K'U CHÜ TS'AI.**

Sonchus oleraceus, L. (BN. M.). SOW THISTLE. BN. 690.

The young shoots are eaten as a vegetable in Java and the Philippines. 1.2 protein, 0.3 fat, 2.4 cbhyd. 1.2% ash. Rich in vitamin C. The leaves *Stem, Leaf.*

are used in salads in Germany. The stems have been used as food from very early times in India.

13.27. 馬齒莧菜 （五行草） **MA CH'IH HSIEN TS'AI.**
Portulaca oleracea, L. (M. BN. H. Ch.).
PURSLANE. B 260. Porter 76. BN. 848.

A common pot-herb all over the world, raw as a salad, or cooked. 1.8 protein, 0.5 fat, 6.49 cbhyd., 2.23% ash. *Stem, Leaf.*

13.28. 苦蕒菜 （老鸛菜） **K'U MAI TS'AI.**
Lactuca denticulata, Maxim. (M. Br. BN.). LETTUCE. BN. 692.

The lettuces have the following general composition:—protein 1.59, fat 0.43, cbhyd 2.08, ash 0.80%. A moderate amount of vitamins A, B_1, B_2, C and E. *Stem, Leaf.*

13.29. 莙薘菜 **CHUN TA TS'AI.**
Beta vulgaris, L. (M. BN.). var. *cicla*, L. (Bailey).
CHARD. B 250. BN. 1071.

Stem and leaf, 3.04 protein, 1.0 fat, 5.37 cbhyd., 3.7% ash. A medium amount of vitamins A, B_1 and C, rich in B_2 (Shanghai). *Stem,*

13.30. 邪蒿 **HSIEH HAO.**
Seseli Libanotis, Koch. (M. SD. Ch. BN.).
MEADOW SAXIFRAGE. BN. 449.
var. *daucifolia*, DC. (BN.). *Leaf,*

13.31. 茼蒿 **T'UNG HAO.**
Chrysanthemum coronarium, L. (M. Br. Ch. SD. H. BN.).
GARLAND CHRYSANTHEMUM. B. 759. BN. 802.
(*C. Roxburghii*, Deof.).

Shanghai market vegetable:—protein 1.85, fat 0.43, cbhyd. 2.57, ash 0.98. Rich in vitamin B_1, moderate C, a little A. *Stem, Leaf.*

13.32. 冬葵菜 （冬葵子） **TUNG K'UEI TS'AI.**
Malva verticillata, L. (M. BN. Ch.). CHINESE MALLOW. BN. 256.
According to the Herbal it is much cultivated for food. *Stem, Leaf.*

13.33. 蓼芽菜 （蓼實） **LIAO YA TS'AI**
Polygonum Hydropiper, L. (M. Br. Ch.). Burkill 1792.
SMARTWEED. WATER PEPPER. BN. 964.

The young leaves are used as a food flavouring in Malaya. It has a strong peppery taste. Protein 7.54, fat 1.86, cbhyd. 7.99, ash 1.99%. Japan. *Leaf. Stem.*

13.34. 苜蓿 **MU HSÜ.**
Medicago denticulata, Willd. L. (M. Ch. SD. BN.).
WILD ALFALFA. Porter 106. BN. 682. Bailey 404.
M. sativa, L. (M. Br. Ch.).
Leafy stems. 3.0 protein, 0.3 fat, 3.4 cbhyd. 1.4% ash.

Young leaves:—6.0 protein, 0.14 fat, 9.5 cbhyd., 1.4% ash. Rich in vitamins A, C and E and a medium amount of B_1. *Leaf. Stem,*

13.35. 薄荷 （雞蘇） **PO HO.**
Mentha arvensis, L. (M. Ch. H. BN.).
FIELD MINT. Porter 160. BN. 1432. Bailey 645.

0.22% volatile oil containing methol and pulegon. The cultivated plant is richer in oil. *Stem, Leaf.*

13.36. 荊芥 （假菜，鼠萱，薑芥） **CHING CHIEH.**
Nepeta tenuifolia, Bth. (M. Br.). GROUND IVY. BN. 808.
N. japonica, Maxim. (BN. M. SD. Ch.).

N. Glechoma, Benth. is common around Shanghai and throughout North China, Porter 154. 1.8% volatile oil rich in menthone and limonene. A good savory. *Stem, Leaf.*

13.37. 水斬 **SHUI CH'IN**
（芹菜，水央，渣芹，赤芹，秋芹）
Oenanthe stolonifera, DC. (M. Br. SD. BN.).
WATER CELERY. BN. 228.

Cultivated in Indo-China, Sumatra and Malaya as a food flavouring, eaten with rice, uncooked or steamed (Burkill). *Leaf,*

Shanghai market vegetable:—protein 1.51, fat 0.28, cbhyd. 2.47, ash 1.4%.

14.1. 香菜 **HSIANG TS'AI.**
Ocimum basilicum, L. (M. G. BN.).
SWEET BASIL. B. 646. BN. 1495. Winton 4, 221.

This fragrant herb contains 2% of a volatile oil, chiefly methyl chavicol and linalool ith goo digestive and carminative properties. *Stem, Leaf.*

14.2. 銀條菜 **YIN T'IAO TS'AI.**
Nasturtium globosum, Turcz. (M). YELLOW WATER CRESS. *Stem, Leaf.*
Cf. 2/14.

14.3. 後庭花 （雁來紅） **HOU T'ING HUA.**
Amarantus tricolor, L. (M. Br. Ch. BN.).
RED AMARANTH. BN. 1127. Bailey 252. Burkill 126. *Stem, Leaf.*
(*A. gangeticus*, L.).

Shanghai:—3.5 protein, 0.24 fat, 6.6 cbhyd., 3.1% ash. 24 mg. % iron, 464 mg. % calcium. rich in vitamin A and medium amounts of vitamins B_1 and C. *Stem, Leaf.*

14.4. 火燄菜 HUO YEN TS'AI.

Beta vulgaris, L. (M. BN.). LEAF BEET. Bailey 250. BN. 1071.

Leaf and stem, 1.7 protein, 0.32 fat, 2.1 cbhyd. 1.47% ash.

Leaf 2.3 protein, 0.24 fat, 6.48 cbhyd. 1.96% ash (Winton).

Small amount vitamins A and C and a medium amount of vitamin B_1. *Stem, Leaf.*

14.5. 山葱 (隔葱，鹿耳葱) SHAN TS'UNG.

Allium victorialis, L. (M. BN.). WILD ONION. BN. 119. *Stem, leaf.*

Boiled or salted.

14.6. 背燕 PEI CHIU. *Stem, leaf.*

Unidentified. *Allium sp.*

14.7. 水芥菜 SHUI CHIEH TS'AI.

Nasturtium montanum. (Wall (SD.).

MOUNTAIN CRESS. Porter 96. BN. 1342.

Vitamin C rich. *Stem, leaf.*

14.8. 遏藍菜 E LAN TS'AI.

Thlaspi arvense, L. (M. SD. BN.).

FIELD PENNY CRESS. Porter 86. BN. 1217.

This contains sinigrin which gives it a warm taste. It is used as a salad in other parts of the world. *Leaf,*

14.9. 牛耳朵菜 (野芥菜) NIU ERH TO TS'AI.

Polygonum Persicaria, L. (M.).

LADY'S THUMB. COW'S EAR. BN. 643.

The herb:—tannin 1%, fat 1.9, pectins 5.4. sugars 3.24, cellulose 27.6%. A small amount of volatile oil containing a camphor-like body persicariol, Wehmer. *Stem, leaf.*

14.10. 山白菜 SHAN PAI TS'AI.

Unidentified. *Stem, leaf.*

14.11. 山宾菜 (山苦菜) SHAN YI TS'AI.

Lactuca denticulata. Maxim. var. *sonchifolia*, (Br.).

TOOTHED LETTUCE.

See 13/28. *Stem, leaf.*

14.12. 山苦賣 SHAN K'U MAI.

Lactuca sororia, Miq. (BN. Ch. Br.). See 13.28.

WILD LECTUCE. BN. 110. *Stem, leaf.*

14.13. 南芥菜 NAN CHIEH TS'AI.

Arabis perfoliata, Lam. (BN.). ROCK CRESS. BN. 626.

A. glabra, Bernh. (SD.).

Chinese arabis is used in India as a stomachic. Its volatile oil is like the other warm sulphurous oils of the cruciferae, Lanessan. *Stem, leaf.*

14.14. 山萵苣 SHAN WO CHU.

Lactura brevirostris, Champ. (M. BN. Ch.).

LETTUCE. Porter 222, BN. 120.

(*L. indica*, L.) *L. lacinata*, Makino. (Ch.).

Stem 0.6 protein. 0.1 fat, 2.1 cbhyd. 0.5% ash. *Stem, leaf.*

Leaf 1.5 protein, 0.4 fat, 2.2 cbhyd. 0.7% ash.

14.15. 黃鵝菜 HUANG AN TS'AI.

Crepis japonica, Benth. (M. SD. Ch. BN.). *Stem, leaf.*

HAWK'S BEARD. Porter 324. BN. 1148.

14.16. 鴈兒菜 YEN ERH TS'AI.

Unidentified. *Stem, leaf.*

14.17. 蒲蒲丁菜 (黃花苗) PO PO TING TS'AI.

Taraxacum officinale, Web. (M. BN.).

DANDELION. Porter 216. Bailey 756, BN. 1270.

2.4 protein, 1.0 fat, 10.6 cbhyd. 1.99% ash. (Winton 2, 274).

A medium amount of vitamins C, A and P present. The protein is good and the availability of the calcium and phosphorus found superior to spinach or lettuce and the heavy metals iron, copper, manganese and zinc are present. *Stem, leaf.*

14.18. 柴韭 CH'AI CHIU.

Unidentified.

Allium sp. *Stem, leaf.*

14.19. 野韭 YEH CHIU.

Allium odorum, L. (M.). LEEK. BN. 721. Burkill 101.

The leaves are used as a food flavoring in Malaya in place of the chive.

Shanghai market green shoots;—protein 2.64, fat 0.59, cbhyd. 2.39 ash 0.95%. A small amount of vitamins A, B_1 and C. *Stem, leaf.*

14.20. 甘露兒 **KAN LU ERH.**

Stachys Sieboldi, Miq. (M. BN.).

CROSNES. CHINESE ARTICHOKE. Bailey 643. BN. 811.

The leaves like the tubers, contains stachydrin. They can be boiled or salted. The tubers are an article of Chinese diet. *Leaf.*

14.21. 地瓜兒苗 （地瓜） **TI KUA ERH MIAO.**

Lycopus lucidus, Turcz. (M. Ch. SD.).

GYPSYWORT. WATER HOREHOUND. *Root.*

L. europeus, L. (BN. 363).

14.22. 澤蒜 （小蒜） **TSE SUAN.**

Allium nipponicum, Fr. & Sav. (M. BN.).

JAPANESE GARLIC. BN. 1368.

Made into a soup, salted or boiled and eaten with oil and salt. *Stem, root.*

14.23. 樓子葱 **LOU TZU TS'UNG.**

Allium fistulosum, L. (M. BN. Ch.).

CIBOULE. SMALL ONION. B 161. BN. 1211.

Peking market:—1.4 protein, 0.3 fat, 4.6 cbhyd. 0.8% ash. A small amount of vitamin B_1 and vitamin C medium. *Shoot, Stem.*

14.24. 薤韭 （石韭） **HSIEH CHIU.**

Allium Bakeri, Regel, (M. Ch. BN.). BAKER'S SHALLOT. BN. 1438.

Edible bulb, 3.1 protein, 0.12 fat, 18.3 soluble cbhyd. (scorodose), 0.7% ash (Kihara). *Fruit. leaf. Bulb.*

14.25. 水蘿蔔 **SHUI LO FU.**

Nasturtium indicum, DC. (M. Ch.). INDIAN CRESS.

(*Sisymbrium atrovirens*, Horn).

Eaten fresh or boiled. Cf. 2/14. *Leaf. root.*

14.26. 野葵青 **YEH MAN CHING.**

Unidentified.

Cf. 2/19 *Veronica sparia*, L. (BN. 227, SHUI MAN CHING). *Stem, leaf. Bulb.*

14.27. 薺菜 （荠菜子） **CH'I TS'AI.**

Capsella bursa pastoris, Moench. (M. BN. SD. Ch.).

SHEPHERD'S PURSE. Porter 92. BN. 1458.

Plant:—2.9 protein, 0.2 fat, 3.4 cbhyd. 1% ash. Shanghai regular market. Seed:—35.25% fatty oil, Wehmer. This plant is an excellent *Leaf. Seed.*

spinach substitute, rich in vitamin C and medium amounts of vitamin B_1 and A. Rich in lime and iron.

14.28. 紫蘇 （桂荏，匀蘇，魚蘇，山蘇） **TZU SU.**

Perilla nankinensis, Decne. (M. Ch. Br. BN.).

PURPLE PERILLA. BN. 1114.

The leaf has a volatile oil, chiefly perilla-aldehyde. The leaves are boiled or eaten fresh, they are a good addition to fish chowder. *Seed. leaf.*

The seeds are boiled like a porridge. Leaf:—protein 3.13, fat 0.84, cbhyd. 4.12, ash 1.12%, Japan. Seed.—Cf. 14/29.

14.29. 荏子 （蘇） **JEN TZU.**

Perilla ocimoides, L. (M. SD. Ch. BN.).

WHITE PERILLA. Porter 162. BN. 818.

Seed:—protein 21.5, fat 43.4, cbhyd. 11.3, ash 4.4%. Eaten roasted, or mixed with rice congee, said to be fattening. The oil is also expressed for use. Leaf Cf. 14/27. *Stem, leaf. Seed.*

14.30. 灰菜 **HUI TS'AI.**

Chenopodium album, L. (M. H. BN.). Porter 56. Bailey 249. BN. 1488.

GOOSE FOOT. LAMB'S QUARTERS. PIGWEED.

It is cultivated for its starchy seed in Burma and Annam. Dried seed:—16.1 protein, 6.87 fat, 48.85 cbhyd. and 5.88% ash (Winton *1*, 323). Leafy stems:—3.9 protein, 0.76 fat, 8.93 cbhyd, and 3.0% ash. Cf. 12.20. *Stem, leaf. Seed.*

The wild plant is regularly collected for food in India, especially for its seed, Watt.

14.31. 丁香茄苗 （天茄兒） **TING HSIANG CH'IEH MIAO.**

Calonyction speciosum, Chois, var. *muriaticum*, Chois (M. SD. H. BN.). (*Ipomaea muriatica*, Jacq.).

MOON-FLOWER. B 610. BN. 170.

The leaves of the local species are used as a vegetable in Sumatra, Pelambang, Malaya and Africa. A famine food in India, Dymock. The seeds are used as a purgative in India. *Seed. leaf.*

14.32. 山藥 **SHAN YAO.**

（薯蕷山芋，諸薯，修脆，兒草玉延土薯）

Dioscorea japonica, Th. (M. SD. Ch. BN.).

YAM. BN. 1946. Burkill 821.

The wild type is cited under. 6/15.

Shanghai Tuber—1.87 protein, 0.1 fat, 19.9 cbhyd. 1% ash. It contains a trace of vitamin C. Winton cites the analyses of many varieties. *Seed. root.*

UNIDENTIFIED

1.	Ch'ai chiu	柴 韭	14.18	29.	Pa chiao ts'ai	八角菜	3.3
2.	Chi erh t'ou miao	雞兒頭苗	6.24	30.	Pao ma shu	報馬樹	9.35
3.	Chien tao erh miao	尖刀兒苗	4.25	31.	Pei chiu	背 韭	14.6
4.	Ch'ih t'ou ts'ai	匙頭菜	2.17	32.	P'o p'o chen t'ou	婆婆枕頭	10.19
5.	Ch'ing chia erh ts'ai	青莢兒菜	3.12	33.	Shan ke tz'u shu	山格刺樹	9.33
6.	Ch'ing she tzu t'iao	青舍子條	10.10	34.	Shan pai ts'ai	山白菜	14.10
	Ch'ou chu shu	臭竹樹	9.39	35.	Shan man ch'ing	山蔓青	6.19
8.	Ch'ou kung	臭 蔡	9.37	36.	Shan t'ien ts'ai	山甜菜	3.4
9.	Chu wei pa miao	猪尾把苗	7.32	37.	She t'ou ts'ai	舌頭菜	2.26
10.	Hang shu	杭 樹	9.34	38.	Shui ch'a chiu	水茶臼	10.15
11.	Hua hao	花 蒿	5.1	39.	Shui chi chen miao	水綫針苗	4.16
12.	Huan erh ts'ai	獾耳菜	4.4	40.	Shui hu lu miao	水胡蘆苗	4.14
13	Huang sze t'eng	高絲藤	9.32	41.	Shui lo li	水落藜	3.21
14.	Hui hui tou	回回豆	12.4	42.	Ta p'eng hao	大蓬蒿	4.36
15.	Hui hui ts'u	回回醋	9.16	43.	T'eng ch'ang miao	藤長苗	8.7
16.	Jung ya shu	榕芽樹	9.12	44.	Ti chiao erh miao	地角兒苗	7.14
17.	Ke kung ts'ai	葛公菜	4.23	45.	Ti t'ang ts'ai	地塘菜	3.15
18.	Kou tiao wei miao	狗掉尾苗	4.2	46.	T'o pai lien miao	拖白臉苗	4.30
19.	Lao kuan chin	老鸛筋	4.10	47.	T'ou ku ts'ao	透骨草	5.17
20.	Lao p'o pu chan	老婆布粘	9.41	48.	Ts'ao san nai	草三奈	8.1
21.	Liang hao ts'ai	涼蒿菜	3.22	49.	T'u erh suan	兎兒酸	2.9
22.	Lu chueh ts'ai	鹿蕨菜	4.32	50.	T'u luan shu	土欒樹	10.17
23.	Lu tzu shu	轆子樹	13.8	51.	Wu ling shu	烏桕樹	9.30
24.	Lung pai ya	龍桕芽	9.21	52.	Yeh hui hsiang	野茴香	3.28
25.	Mi hao	米 蒿	2.24	53.	Yeh man ch'ing	野蔓青	14.26
26.	Mien szu ts'ai	綿絲菜	2.23	54.	Yen erh ts'ai	鴈兒菜	14.16
27.	Mu [illegible]	木 [illegible]	9.26	55.	Yueh ya shu	月芽樹	9.13
28.	Ou ts'ai	藕 菜	5.24	56.	Yu tien erh ts'ai	雨點兒菜	3.17

INDEX OF ROMANIZED AND CHINESE NAMES of CHIU HUANG PEN TS'AO

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Ai Chiu	愛 韭	豪門冬
C		
Cha Ch'in	茶 芹	水 薪
Chang Liu Ken	章柳根	VI. 5.
Chang Lu	章 陸	章柳根
Chang Ya Ts'ai	獐牙菜	VI. 23
Che Ken	折 根	連 翹
Che Mu	柘 木	柘 樹
Che Shu	柘 樹	XI. 5
Chen	蔵	大 藍
Chen Chu Hua	珍珠花	省 沽 油
Chen Chu Ts'ai	珍珠菜	IV. 26
Chen Wei	貞 蔺	鬱 臭 苗
Chen Yu	貞 芋	芋 苗
Chi	芑	地 黃 苗
Chi Ch'ang Ts'ai	雞腸菜	IV. 13
Chi Chao Ts'ai	雞爪菜	沙 蓬
Chi Chi Ken	雞齊根	葛 根
Chi Erh Ch'ang	雞兒腸	III. 16
Chi Erh T'ou Miao	雞兒頭苗	VI. 24
Chi Hsieh	及 瀉	澤 瀉
Chi Hsing Tzu	急性子	小 桃 紅
Chi Ke	雞 格	黃精苗
Chi Kuan Kuo	雞冠果	VII. 20
Chi Kuan Ts'ai	雞冠菜	II. 18
Chi Li	即 藜	灰 藜 子
Chi Li Tzu	灰藜子	VI. 3
Chi Li Tzu Shu	吉利子樹	X. 20
Chi Mi	擊 蘼	猴兒參頭
Chi Mi Tzu K'e	急麋子科	吉利子樹
Chi Sang	雞 桑	桑 椹 樹
Chi Shih	鵄 實	實蓇兒樹
Chi Su	雞 蘇	薄 荷
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Chi T'ui Erh	雞腿兒	VI. 18.
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Chi Yen Ts'ao	雞腥草	VII. 10.
Chi Yu Lin	鯽魚鱗	IV. 24.
Chia Chu T'ao	夾竹桃	小 桃 紅
Chia Ch'ui	葭 蕊	蘆 笋
Chia Hao	茭 蒿	湄 蒲
Chia Mi	荚 蘼	猴兒參頭
Chia Shu	假 樹	IX. 36.
Chia Su	假 蘇	荊 芥
Chiang Chieh	薑 芥	荊 芥
Chiang Li	茳 蘺	川 芎
Chiang Pan Tzu	薑瓣子	蠟 瓣 花
Chiang Tou Miao	豇豆苗	XII. 18.
Chiao	蕉	蒲 笋
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Chiao Ku Lan	絞股藍	IV. 11.
Chiao Pai	茭 白	茭 笋
Chiao Shu	椒 樹	IX. 7.

Romanized	Chinese Name	Chiu Huang Ref.
Chiao Sun	茭 筍	VIII. 26.
Chiao Szu Teng	脚斯鐙	山見菜
Chiao T'eng	交 藤	何首烏
Chiao Ts'ao	茭 草	茭 筍
Chieh Chieh Ts'ai	節節菜	III. 24.
Chieh Hua	節 華	菊 花
Chieh Keng	桔 便	II. 1.
Chieh Li	解 蠡	回回米
Chieh Chia Shu	堅莢樹	IX. 38.
Chien Chin Hua	剪金花	王不留行
Chien Chin Ts'ao	剪金草	王不留行
Chien Ken	箭 根	防 風
Chien P'eng	薦 蓬	II. 10.
Chien Ta Ts'ao	剪搭草	水慈菰
Chien Tao Erh Miao	尖刀兒苗	IV. 25.
Chien Tao Ku	剪刀股	III. 1.
Chien Tao Ts'ao	剪刀草	水慈菰
Chien T'ou Ts'ao	箭頭草	車 前 菜
Chien Tu	箭 杜	茅芽根
Chien Tzu Kuo	剪子果	白棠子樹
Chih	梔	連 翹
Chih Ch'ü	志 取	沙 參
Chih Hsing	止 行	茭 蒿 子
Chih Ma	芝 麻	油子苗
Chih Mu	知 母	沙 參
Chih Chu Ku	金鉸股	金銀花
Chin Chan Erh Hua	金錢兒花	II. 28.
Chin Chan Ts'ai	金錢菜	II. 13.
Chin Chi'Erh	錦雞兒	鳴齒花
Chin Ch'ien Hua	金錢花	旋覆花
Chiu Chun Ts'ai	蕪菜菜	III. 26.
Chin Chu Yeh	竺竹葉	竹 筍

Romanized	Chinese Name	Chiu Huang Ref.
Chin Fu Ts'ao	金沸草	旋覆花
Chin Kang Shu	金剛樹	水 蓼 兒
Chin Kang T'zu	金剛刺	IV. 34.
Chih Kua Erh	金瓜兒	VI. 16.
Chin Kung Hua	禁宮花	王不留行
Chin Li Chih	錦荔枝	VII. 19.
Chin Lien Erh	金蓮兒	荇絲菜
Chin Yin Hua	金銀花	VIII. 20.
Ch'ing	勤	鼠 菊
Ching Chieh	荊 芥	XIII. 36.
Ching Tzu	荊 子	X. 4.
Chiu Chen T'eng	九眞藤	何首烏
Chiu Ch'iung	救 窮	黃精苗
Chiu Suan Ts'ao	鳩酸草	酸漿草
Chou Ying	周 迎	菊 花
Chu	蓬	章柳根
Chu Chieh Ts'ai	竹節菜	II. 6.
Chu Erh To	猪耳朵	羊蹄苗
Chu Ken	苧 根	VI. 7.
Chu Shu	諸 薯	山 藥
Chu Sun	竹 筍	XI. 18.
Chu Wei Pa Miao	猪尾把苗	VII. 32.
Chu Ya Ts'ai	猪牙菜	I. 33.
Chu Ya Tsao Chia	猪牙皂莢	皂莢樹
Chu Yeh	竹 葉	竹 筍
Chuan Tzu Miao	穿子苗	VIII. 18.
Chung Feng Hua	中逢花	百 合
Chü Chü Mai	巨句麥	石竹子
Chü Hua	菊 花	VIII. 19.
Chüan Erh	卷 耳	蒼 耳
Chün Ta Ys'ai	蕣蓬菜	XIII. 29.
Ch'a	茶	茶 樹

Romanized	Chinese Name	Chiu Huang Ref.
Ch'a Hua Erh	茶花兒	望江南
Ch'a Shu	茶 樹	IX. 1.
Ch'ai Chiu	柴 韭	XIV. 18.
Ch'ai Hu	柴 胡	I. 25.
Ch'ai Yü	豺 羽	蒺藜子
Ch'an Chih Mu Tan	纏枝牡丹	蕾子根
Ch'ang P'u	菖 蒲	VI. 9.
Ch'ang Shih Pa	常十八	毛連菜
Ch'ang Szu	常 思	蒼 耳
Ch'ang Yang	昌 陽	菖 蒲
Ch'e Ch'jen Tzu	車前子	車輪菜
Ch'e Ken Ts'ai	扯根菜	III. 19.
Ch'e Lun Ts'ai	車輪菜	I. 11.
Ch'en Chih Pai	陳知白	何首烏
Ch'i Chang Ts'ao	棄杖草	仙靈脾
Ch'i Ching	漆 莖	澤 漆
Ch'i Ken	杞 根	枸 杞
Ch'i Ku	漆 姑	青 把
Ch'i Ni	薺 苨	桔 梗
Ch'i Shih	起 實	回回米
Ch'i Shu Ya	槭樹芽	IX. 18.
Ch'i Ts'ai	薺 菜	XIV. 27.
Ch'ia Pu Ch'i	掐不齊	雞眼草
Ch'iang Ch'ü	强 蘧	百 合
Ch'ang Mi	蘼 蕪	蛇床子
Ch'iang Mi	薔 薇	IV. 28.
Ch'iao Mai	雀 麥	VII. 1.
Ch'iao Mai Miao	蕎麥苗	XII. 8.
Ch'iao Nao Hsiung	雀腦芎	川 芎
Ch'ien	荨	土茜苗
Ch'ien	芡	雞頭實
Ch'ien Chen Ts'ao	千針草	刺蒺藜

Romanized	Chinese Name	Chiu Huang Ref.
Ch'ien Chü Ts'ai	千屈菜	II. 31.
Ch'ien Hu	前 胡	I. 29.
Ch'ien Ken	茜 根	土茜苗
Ch'ien Liang Chin	千兩金	仙靈脾
Ch'ih Ch'in	赤 芹	水 蘄
Ch'ih Hsiao Tou	赤小豆	XII. 10.
Ch'ih T'ou Ts'ai	匙頭菜	II. 17.
Ch'in Ts'ai	芹 菜	小 蘄
Ch'ing Ch'i	青 杞	II. 2.
Ch'ing Chia Erh Ts'ai	青莢兒菜	III. 12.
Ch'ing Kang Shu	青岡樹	IX. 23.
Ch'ing Man T'ou	蒲饅頭	蒲 子
Ch'ing She Tzu T'iao	青舍子條	X. 10.
Ch'ing Shih	茼 實	蒲 子
Ch'ing T'an Shu	青檀樹	XI. 7.
Ch'ing Tzu	茼 子	VII. 4.
Ch'ing T'zu Chi	青刺薊	刺薊菜
Ch'ing Yang Shu	青楊樹	IX. 20.
Ch'ing Yü	青 芋	芋 苗
Ch'iu Ch'in	秋 芹	水 芹
Ch'iu Shu	楸 樹	XI. 11.
Ch'ou Chu Shu	臭竹樹	IX. 36.
Ch'ou Kung	臭 蔞	IX. 37.
Ch'u Chia	椿 莢	椿樹芽
Ch'u Kua	杵 瓜	野木瓜
Ch'u Mu	椿 木	椿樹芽
Ch'u Shih	楮 實	楮桃樹
Ch'u T'ao Shu	楮桃樹	XI. 4.
Ch'uan	荇	茶
Ch'uan Hsiung	川 芎	I. 31.
Ch'uan Ku	川 穀	VII. 7
Ch'uan Ts'ao Hua	川草花	黃草花

Romanized	Chinese Name	Chiu Huang Ref.
Ch'ui Chu	墜 珠	黃精苗
Ch'un Chia	椿 莢	椿樹芽
Ch'un Mu	椿 木	椿樹芽
Ch'un Shu Ya	椿樹芽	IX. 6.
Ch'un Ts'ao	春 草	白 薇
Ch'ung Hsiang	重 箱	百 合
Ch'ung Lou	重 樓	黃精苗
Ch'ung Wei Tzu	茺蔚子	鬱臭苗
Ch'ü Jen	屈 人	蒺藜子
Ch'ü Mai	麴 麥	石竹子
Ch'üeh Lao	却 老	枸 杞
Ch'üeh Shu	却 暑	枸 杞
E		
E Erh Ch'ang	鵝兒腸	III. 7.
E Hao	莪 蒿	豬牙菜
E Lan Ts'ai	遏藍菜	XIV. 8.
E Shih	惡 實	牛旁子
Erh Tsao	栭 棗	酸棗樹
Erh Ts'ao	兒 草	山 藥
F		
Fan Pai Ts'ai	翻白菜	委陵菜
Fan Pai Ts'ao	飜白草	雞腸兒
Fang Chang Ts'ao	放杖草	仙靈脾
Fang Feng	防 風	I. 17.
Fang T'u	房 圖	桔 梗
Fei Ts'ai	蕢 菜	II. 30.
Fen T'iao Erh Ts'ai	粉條兒菜	III. 8.
Feng Hsien Hua	鳳仙	小桃紅
Feng Hua Ts'ai	風花菜	III. 6.
Feng Lun Ts'ai	風輪菜	IV. 29.
Feng Tou Yeh	蜂斗葉	鼓多花
Fo Chih Chia	佛指甲	V. 5.
Fu	覆	旋覆花
Fu Yi	芣 苢	車輪菜
Fu Pei	腐 婢	赤小豆
Fu Tzu Ken	富子根	VI. 10.
Fu Yen Nien	傅延年	菊 花
H		
Hai Erh Ch'uan T'ou	孩兒拳頭	X. 6.
Hai Na	海 蒳	小桃紅
Han Pai	旱 稗	稗 子
Hang Shu	杭 樹	IX. 34.
Hei San Ling	黑三棱	VIII. 23.
Ho Ch'i Ts'ao	喝起草	蒼 耳
Ho Huan	合 歡	夜合樹
Ho Hun	合 昏	夜合樹
Ho P'i Ts'ai	蚵皮菜	III. 33.
Ho Po Erh	合鉢兒	羊角菜
Ho Shang Ts'ai	和尙菜	V. 26.
Ho Shou Wu	何首烏	VIII. 16.
Hou T'ing Hua	後庭花	XIV. 3.
Hsi Chü	夕 句	夏枯草
Hsi Erh	葈 耳	蒼 耳
Hsi Fan Shu Shu	西番蜀秫	回回米
Hsi Hsien	豨 薟	II. 4.
Hsi Ming Tzu	莣 實子	青 葙
Hsi Sun	溪 蓀	菖 蒲
Hsi Szu T'eng	細絲藤	羊角菜
Hsi Ts'ao	細 草	遠 志
Hsi Wang Mu Chang	西王母杖	枸 杞
Hsi Yeh Sha Shen	細葉沙參	VI. 17.
Hsia Ku Ts'ao	夏枯草	I. 23.
Hsia Mo Yi	蝦蟆衣	車輪菜
Hsiang Ch'a Ts'ai	香茶菜	V. 16.

Romanized	Chinese Name	Chiu Huang Ref.
Hsiang Ku	象 穀	御米花
Hsiang Kuo	香 果	川 芎
Hsiang P'u	香 蒲	蒲 笋
Hsiang Shih	橡 實	橡子樹
Hsiang Tou	橡 斗	橡子樹
Hsiang Ts'ai	香 菜	XIV. 1.
Hsiang Tzu Shu	橡子樹	X. 3.
Hsiao Chi	小 薊	刺薊菜
Hsiao Ching Shih	小荊實	荊 子
Hsiao Ch'ung Erh Mai	小蟲兒麥	地槐菜
Hsiao Ch'ung Erh Wo Tan	小蟲兒臥單	V. 12.
Hsiao Suan	小 蒜	澤 蒜
Hsiao Suan Mao	小酸茅	酸漿草
Hsiao T'ao Hua	小桃花	木羊角科
Hsiao T'ao Hung	小桃紅	III. 11.
Hsiao Ts'ao	小 草	遠 志
Hsieh Chiu	薤 韭	XIV. 24.
Hsieh Hao	邪 蒿	XIII. 30.
Hsieh Hu Ts'ao	蠍虎草	圓回蒜
Hsieh Tzu Hua Ts'ai	蠍子花菜	III. 29.
Hsien Jen Chang	仙人杖	枸 杞
Hsien Jen Yu Liang	仙人餘糧	黃精苗
Hsien Ling P'i	仙靈脾	II. 33.
Hsien Lu	莧 陸	章柳根
Hsien Ts'ai	莧 菜	XIII. 25.
Hsien Ts'ao	仙 草	何首烏
Hsin Lo Po Ho	新羅薄荷	薄 荷
Hsing	葵	荽 荄
Hsing Shu	杏 樹	XIII. 16.
Hsing Su Ts'ai	星宿菜	V. 9.
Hsing Szu Ts'ai	荇絲菜	VIII. 24.
Hsing Yeh Sha Shen	杏葉沙參	VIII. 6.
Hsiu Ts'ui	修 脆	山 藥
Hsiung Ch'iung	芎 藭	川 芎
Hsü	盱	蛇床子
Hsü	蓄	羊蹄菊
Hsüan Fu Hua	旋覆花	I. 16.
Hsüan Ts'ai	旋 菜	藤長苗
Hsuan Ts'ao Hua	萱草花	I. 10.
Hu	芐	地黃苗
Hu Chih Tzu	胡枝子	VII. 28.
Hu Ch'iung	胡 藭	川 芎
Hu Hsi	胡 蓰	蒼 耳
Hu Hsü	虎 鬚	款冬花 沙參
Hu Mu	虎 目	椿樹芽
Hu Po Ho	胡薄荷	薄 荷
Hu T'ao Shu	胡桃樹	XIII. 2.
Hu Tou	胡 豆	XII. 5.
Hu Ts'ang Erh	胡蒼耳	IV. 15.
Hu Wei Ts'ao	虎尾草	V. 6.
Hua Ch'iu Shu	花楸樹	IX. 27.
Hua Hao	花 蒿	V. 1.
Hua Hung	花 紅	沙果子樹
Huai Hsiang	懷 香	茴 香
Huai Hsiang	槐 香	兜 穀 樹
Huai Huai	槐 槐	槐樹芽
Huai Shih	槐 實	槐樹芽
Huai Shu Ya	槐樹芽	XI. 13.
Huan Erh Ts'ai	權耳菜	IV. 4.
Huan hsun	惠 荀	荽 蕣
Huang An Ts'ai	黃鴨菜	XIV. 15.
Huang Ch'i	黃 耆	I. 13.
Huang Chin	黃 芩	葛 根
Huang Ching	黃 荊	荊 子

Romanized	Chinese Name	Chiu Huang Ref.
Huang Ching Miao	黃精苗	VIII. 2.
Huang Chu	篁竹	竹筍
Huang Hua Miao	黃花苗	孛孛丁菜
Huang Kua	黃瓜	瓜櫞根
Huang Lan	黃藍	紅花菜
Huang Lien Shu	黃楝樹	IX. 10.
Huang Lien Tsu	黃連祖	仙靈脾
Huang Lu	黃櫨	IX. 5.
Huang Szu T'eng	黃絲藤	IX. 32.
Huang Te T'an	黃德祖	仙靈脾
Huang Tou Miao	黃豆苗	XII. 13.
Hui Ch'uang	廻床	蛇床子
Hui Hsiang	茴香	I. 22.
Hui Hui Mi	回回米	VII. 2.
Hui Hui Suan	回回蒜	IV. 5.
Hui Huj Tou	回回豆	XII. 4.
Hui Hui Ts'ang Erh	回回蒼耳	胡蒼耳
Hui Hui Ts'u	回回醋	IX. 16.
Hui Ts'ai	灰菜	XIV. 30.
Hui Ts'ao	茴草	防風
Hung	紅	白水薑苗
Hung Chieh	鴻薊	白水薑苗
Hung Hua Ts'ai	紅花菜	I. 9.
Hung Lan Hua	紅藍花	紅花菜
Hung Lo Li	紅落藜	舜芒穀
Hung Ts'ao	紅草	白水薑苗
Huo Hsien Ts'ao	火枕草	鶏蒺
Hûo Yen Ts'ai	火燄菜	XIV. 4.
J		
Jan Chih Chia Ts'ao	染指甲草	小桃紅
Jang Hua	穰花	蓄子根
Jen Tung	忍冬	金銀花
Jen Tung T'eng	忍冬藤	金銀花
Jen Tzu	荏子	XIV. 29.
Jeng Ya	茵芽	月芽樹
Jih Ching	日精	菊花
Ju Ken	茹根	茅芽根
Ju Lü	茹盧	土茜苗
Ju Ts'ao Yeh	茹草葉	柴胡
Juan Tsao	軟棗	XIII. 11.
Jui Ho Shu	蕊核樹	X. 1.
Jui Li Tzu	蕊李子	蕊核樹
Jung Ya Shu	榕芽樹	IX. 12.
K		
Kan Chi Chin	乾雞筋	仙靈脾
Kan Chu Yeh	甘竹葉	竹筍
Kan Chü Ya	甘菊芽	涼蒿菜
Kan Lu Erh	甘露兒	XIV. 20.
Kan Qu	乾藕	蓮藕
Kan P'u	甘蒲	蒲筍
Kang Ch'ien	剛前	仙靈脾
Kao Pen	藁本	I. 24.
Ke Ken	葛根	VIII. 15.
Ke Kung Ts'ai	葛公菜	IV. 23.
Ke Le Man	葛勒蔓	葛勒子秧
Ke Le Tzu Yang	葛勒子秧	I. 32.
Ke Lü Man	葛葎蔓	葛勒子秧
Ke Tsao Hu	乾蚤花	蠍子花菜
Ke Ts'ung	隔葱	山葱
Keng Sheng	更生	菊花
Keng Ts'ao	便草	梗便
Kou Chi	枸櫃	枸杞
Kou Chi	枸忌	枸杞
Kou Ch'i	枸杞	XI. 1.

Romanized	Chinese Name	Chiu Huang Ref.
Kou Chiao Ts'ai	狗脚菜	猫尾把苗
Kou Chin Man	狗筋蔓	IV. 37.
Kou Erh Yang	狗兒秧	富子根
Kou Tiao Wei Miao	狗掉尾苗	IV. 2.
Ku Chiang Ts'ao	鹽蔣草	茭筍
Ku Hsich	鵠瀉	澤瀉
Ku Ken	鹽根	茭筍
Ku Mei	骨美	白薇
Ku Niang Ts'ai	姑娘菜	VII. 23.
Ku Shih	穀實	誤桃樹
Ku Shou	鹽首	茭筍
Ku Ts'ai	鹽茶	茭筍
Kua Chin Teng	掛金燈	姑娘菜
Kua Hsiang Ts'ao	瓜香草	龍芽草
Kua Lou Ken	瓜櫞根	VIII. 17
Kua Lou Shih	括樓實	瓜櫞根
Kuai Tsao	拐棗	X. 12.
Kuan Sung	管松	天門多
Kuan Tzu Miao	關子苗	磚子苗
Kuei	薵	白水薑苗
Kuei Ch'ing	鬼卿	蓞本
Kuei Jen	桂荏	紫蘇
Kuei Mu	鬼目	羊蹄苗
Kuei Yu Ma	鬼油麻	湯蓋
Kung	蘿	回回米
Kung Chu	蘿珠	回回米
Kuo Lu Huang	過路黃	羊角菜
Kuo Luo	果蓏	瓜櫞根
K		
K'e Tung	顆凍	款多花
K'u Chi	苦杞	枸杞
K'u Chu Yeh	苦竹葉	竹筍
K'u Chü Ts'ai	苦苣菜	XIII. 26.
K'u Hsin	苦心	沙參
K'u Yi	苦薏	菊花
K'u Ma Tou	苦馬豆	VII. 31.
K'u Mai Ts'ai	苦賣菜	XIII. 28.
K'u T'u	苦搽	茶樹
K'uan Tung Hua	款多花	I. 5.
L		
La Ch'a	臘茶	茶樹
La La Ts'ai	辣辣菜	III. 9.
La Mei Hua	臘梅花	XI. 8.
Lai P'u T'ao	癩葡萄	錦荔枝
Lan Hua	蘭幸	連翹
Lan Ken	闌根	茅芽根
Lan Sun	闌蓀	菖蒲
Lao Chün Hsü	老君鬚	金剛刺
Lao Kuan Chin	老鸛筋	IV. 10.
Lao Kuan Ts'ai	老鸛菜	苦賣菜
Lao P'o Pu Chan	老婆布嶄	IX. 41.
Lao Tou	嫪豆	XII. 2.
Lao Weng Hsü	老翁鬚	金銀花
Lao Ya Suan	老鴉蒜	VI. 20.
Lao Yeh Erh Shu	老葉兒樹	IX. 19.
Li Chien Ts'ao	蒚兒草	螺鬣兒
Li Ju	利如	梗便
Li Mu Tzu	慄木子	橡子樹
Li Shu	梨樹	XII. 4.
Li Tzu Shu	李子樹	XIII. 6.
Liang Hao Ts'ai	涼蒿菜	III. 22.
Liang Tzu Mu	椋子木	椋子樹
Liang Tzu Shu	椋子樹	IX. 6.
Liao Shih	蓼實	蓼芽菜

Romanized	Chinese Name	Chiu Huang Ref.
Liao Ya Ts'ai	蓼芽菜	XIII. 33.
Lien	蓮	蓮翹
Lien Ch'an Yü	蓮蟬芋	芋苗
Lien Ch'iao	蓮翹	I. 34.
Lien Ch'ung Lu	蓮虫陸	羊蹄苗
Lien Ou	蓮藕	XIII. 22.
Lien T'iao	蓮苕	蓮翹
Lien Tzu Ts'ao	蓮子草	耐驚菜
Lin Hao	廩蒿	猪牙菜
Lin P'u Su	淋樸簌	回回醋
Ling Chiao	菱角	XIII. 10.
Ling Ch'iao	陵翹	鼠菊
Ling Erh	苓耳	蒼耳
Ling Yu	陵游	龍膽草
Ling Yü	零餘	榆錢樹
Liu Chi Nu	劉寄奴	野生薑
Liu Yeh Ts'ai	柳葉菜	II. 32; IV. 35.
Liu Yeh Tsu	柳葉菹	菹草
Liu Yueh Chu	六月菊	II. 29.
Lo Chou	落帚	獨掃苗
Lo Hao	蘿蒿	猪牙菜
Lo Yen Erh	蝶靨兒	IV. 7.
Lou Lu	漏蘆	I. 26.
Lou Tou Ts'ai	樓斗菜	V. 23.
Lou Tzu Ts'ung	樓子葱	XIV. 25.
Lu Chu	蔞竹	黃精苗
Lu Chueh Ts'ai	鹿蹶菜	IV. 32.
Lu Erh Ts'ung	鹿兒葱	山葱
Lu Huo	鹿藿	葛根
Lu Ken	蘆根	蘆笋
Lu Li Ken	鹿藜根	漏蘆
Lu Sun	蘆笋	VIII. 13.
Lu Szu T'eng	鷺鷥藤	金銀花
Lu Ts'ung	鹿葱	萱草花
Lu Tzu Shu	櫨子樹	XIII. 8.
Lung Hsü Ts'ai	龍鬚菜	粘魚鬚
Lung Ku	龍古	白水紅苗
Lung Pai Ya	龍栢芽	IX. 21.
Lung Tan	龍膽	龍膽草
Lung Tan Ts'ao	龍膽草	I. 27.
Lung Ya Ts'ao	龍芽草	VII. 17.
Lu Hao	蘆蒿	II. 11.
Lü T'o Pu Tai	驢駝布袋	X. 18.
Lü Ts'ao	葎草	葛勒子秧
M		
Ma Chi	馬蘺	XI. 12.
Ma Chien	馬箭	黃精苗
Ma Ch'ih Hsien Ts'ai	馬齒莧菜	XIII. 27.
Ma Chiu	馬韭	麥門多
Ma Fen	麻蕡	山絲苗
Ma Hsi	馬舄	車輪菜
Ma Hsien Hsiung	馬銜芎	川芎
Ma Hsün	馬薰	萎蕤
Ma Lan	馬藍	大藍
Ma Lan	馬蘭	馬蘭頭
Ma Lan Tou	馬蘭頭	II. 3.
Ma Mu	麻母	山絲苗
Ma Pao Erh	馬麅兒	VII. 15.
Ma Po	麻勃	山絲苗
Ma Tou Ling	馬兜鈴	I. 15.
Ma Wei	馬尾	章柳根
Ma Yu Erh T'iao	馬魚兒條	IX. 40.
Mai K'ai Ts'ai	麥稭菜	獨行菜
Mai Lan Ts'ai	麥藍菜	IV. 18.

Romanized	Chinese Name	Chiu Huang Ref.
Mai Men Tung	麥門冬	VI. 6.
Mang Yü	芒芋	澤蕪
Mao Chen	茅針	茅芽根
Mao Ken	茅根	茅芽根
Mao Lien Ts'ai	毛連菜	III. 1.
Mao Nu Erh Ts'ai	毛女兒菜	V. 18.
Mao Sao Ken	莓蓧根	VI. 11.
Mao Sou	茅蒐	土茜苗
Mao Ya Ken	茅芽根	VIII. 14.
Mei Erh T'ou Miao	眉兒頭苗	XII. 15.
Mei Hsing Shu	梅杏樹	XIII. 13.
Mi Hao	米蒿	II. 24.
Mi Nang	米囊	御米花
Mi Pu Tai	米布袋	VII. 29.
Mi Wu	蘼蕪	川芎
Mien Huang Ch'i	綿黃耆	黃耆
Mien Lu Chou	錦碌碡	莓蓧根
Mien Szu Ts'ai	綿絲菜	II. 23.
Mien Tsao Erh	綿棗兒	VI. 13.
Ming	茗	茶樹
Mo Lo	摩羅	百合
Mu Chin Shu	木槿樹	IX. 3.
Mu Ching Shih	牡荊實	荊子
Mu Hsu	貫衆	XIII. 34.
Mu Ke	木葛	IX. 26.
Mu Kua	木瓜	XIII. 7.
Mu Luan Shu	木欒樹	IX. 29.
Mu T'ao Erh Shu	木桃兒樹	X. 13.
Mu T'ou Hui	慕頭灰	地花菜
Mu Yang Chiao K'e	木羊角科	XI. 6.
N		
Na Ho Tou	那合豆	何何豆
Nai Ching Ts'ai	耐驚菜	III. 14.
Nai Tung	乃東	夏枯草
Nan Chiao	南椒	椒樹
Nan Chieh Ts'ai	南芥菜	XIV. 13.
Nan Po Ho	南薄荷	薄荷
Nang Tzu	囊子	御米花
Neng Hsiao	能消	威靈仙
Ni Hu Ts'ai	泥胡菜	IV. 8.
Nien Hu Ts'ai	粘糊菜	稀薟
Nien Yü Hsu	粘魚鬚	III. 23.
Niu Chin Tzu	牛筋子	女兒茶
Niu Erh To Ts'ai	牛耳朵菜	XIV. 9.
Niu Hsi	牛膝	山蒐菜
Niu Li Tzu	牛李子	女兒茶
Niu Man	牛蔓	土茜苗
Niu Nai Ts'ai	牛嬭菜	V. 11.
Niu Nai Tzu	牛嬭子	地黃苗
Niu Pang Tzu	牛旁子	VIII. 4.
Niu P'i Hsiao	牛皮消	VIII. 8.
Niu She Ts'ao	牛舌草	車輪菜
Niu Ts'ai	牛菜	牛旁子
Niu Wei Ts'ai	牛尾菜	II. 21.
Niu Yi	牛衣	車輪菜
Nung Hsien	弄先	孩兒拳頭
Nü Chieh	女節	菊花
Nü Ching	女莖	菊花
Nü Erh Ch'a	女兒茶	IX. 14.
Nü Hua	女莘	菊花
Nü Lou Ts'ai	女婁菜	IV. 19.
Nü Wei	女萎	萎蕤
O		
Ou Su Ts'ai	藕蔬菜	荇絲菜

Romanized	Chinese Name	Chiu Huang Ref.
Ou Ts'ai	藕 菜	V. 24.
P		
Pa Chiao	巴 椒	椒 樹
Pa Chiao Ts'ai	八角菜	III. 13.
Pa Ch'ih Hua	巴齒花	XI. 10.
Pa Yüeh Cha	八月炸	野 木 瓜
Pai Ch'ang	白 昌	章 柳 根
Pai Chi	白 及	黃 精 苗
Pai Chi Li	白蒺藜	蒺 藜 子
Pai Chih	百 枝	防 風
Pai Chin Shu	白檟樹	IX. 17.
Pai Ch'ü Ts'ai	白鳳菜	III. 18.
Pai Fei	百 蜚	防 風
Pai Hao	白 蒿	III. 30.
Pai Ho	百 合	VI. 2.
Pai Hsin Shu	白辛樹	IX. 28.
Pai Mao Chien	白茅箭	茅 芽 根
Pai Mien Ken	白麵根	杏葉沙參
Pai Mu	白 幕	白 薇
Pai Pei	百 倍	山 蒐 菜
Pai Pen	百 本	黃 耆
Pai Shen	白 參	沙 參
Pai Shih	栢 實	栢 樹
Pai Shui Hung Miao	白水葸苗	1. 12.
Pai T'ang Tzu Shu	白棠子樹	X. 11.
Pai Tz'u	稗 子	VII. 5.
Pai Wei	白 薇	VII. 26.
Pai Yang Shu	白楊樹	IX. 4.
Pai Yang Shu P'i	白楊樹皮	白 楊 樹
Pai Yao	白 藥	桔梗瓜,櫻根
Pai Yu Ma	白油麻	油 子 苗
Pai Yü	白 芋	芋 苗
Pan Ku	斑 穀	椿 桃 樹
Pao Ma Shu	報馬樹	IX. 35.
Pei Chiu	背 韭	XIV. 6.
Pi Kuan Ts'ai	筆管菜	黃 精 苗
Pien Chu	萹 竹	萹 蓄
Pien Chü	編 萓	苦 苣 菜
Pien Hsu	萹 蓄	I. 6.
Pien Tou Ts'ai	變豆菜	V. 25.
Po Ho	薄 荷	XIII. 35.
Po Po Ting Ts'ai	孛孛丁菜	XIV. 17.
Pu Niang Hao	搏 娘 蒿	IV. 12.
P		
P'ang Niu Erh Miao	旁牛兒苗	V. 19.
P'ang T'ung	旁 通	蒺 藜 子
P'eng Tzu Ts'ai	蓬 子 菜	VII. 27.
P'ing Feng	屏 風	防 風
P'o Lo Shu	婆羅樹	天 門 冬
P'o P'an	婆 盤	VII. 12.
P'o P'o Chen Cha Erh	婆婆針扎兒	羊 角 菜
P'o P'o Chen T'ou	婆婆枕頭	X. 19.
P'o P'o Chih Chia Ts'ai	婆婆指甲菜	III. 2.
P'o P'o Na	婆婆納	III. 27.
P'o P'o Nai	婆婆嬭	地 黃 苗
P'u Huang	蒲 黃	蒲 笋
P'u Pang	蒲 棒	蒲 笋
P'u Sun	蒲 笋	VIII. 12.
P'u T'ao	葡 萄	XIII. 5.
P'u T'i Tzu	菩 提 子	回 回 米
S		
San Chih Chiu Yeh Ts'ao	三枝九葉草	仙 靈 脾
San Lien	三 棟	述 離
Sang Ken Pai P'i	桑根白皮	桑 穌 樹

Romanized	Chinese Name	Chiu Huang Ref.
Sang Shen Shu	桑 椹 樹	XI. 16.
Se Lo Man	澁 蘿 蔓	葛 勒 子 秧
Sha Kuo Tzu Shu	沙果子樹	XIII. 19.
Sha P'eng	沙 蓬	IV. 17.
Sha Shen	沙 參	VI. 1.
Sha T'ang Li Erh	沙棠藜兒	白 棠 子 樹
Shan Ch'a K'e	山 茶 科	IX. 25.
Shan Chi	山 薊	蒼 朮
Shan Chiang	山 薑	蒼 朮
Shan Chieh Ts'ai	山 芥 菜	II. 25.
Shan Ch'in Ts'ai	山 芹 菜	IV. 33.
Shan Ching	山 精	蒼朮,何首烏
Shan Chu Yu	山 茱 萸	實 囊 兒 樹
Shan Ch'un	山 椿	椿 樹 芽
Shan Hei Tou	山 黑 豆	XII. 19.
Shan Hsiao Ts'ai	山 小 菜	V. 21.
Shan Hsien Ts'ai	山 莧 菜	I. 4.
Shan Ke	山 哥	何 首 烏
Shan Ke T'zu Shu	山格剌樹	IX. 33.
Shan Keng Ts'ai	山 梗 菜	IV. 1.
Shan K'u Mai	山 苦 蕒	XIV. 12.
Shan K'u Ts'ai	山 苦 菜	山 宜 菜
Shan Lan	山 闌	馬 蘭 頭
Shen Li Erh	山 梨 兒	X. 7.
Shan Li Hung	山 裏 紅	山 裏 果 兒
Shan Li Kuo Erh	山裏果兒	X. 8.
Shan Li Tou	山 黧 豆	VII. 16.
Shan Liao	山 蓼	IV. 22.
Shan Lien	山 連	蒼 朮
Shan Lo Fu	山 蘿 蔔	VI. 21.
Shan Lu Tou	山 菉 豆	XII. 7.
Shan Man Ching	山 蔓 菁	VI. 19.地參
Shan Nu	山 奴	何 首 烏
Shan Pai Ts'ai	山 白 菜	XIV. 10.
Shan Pien Tou	山 扁 豆	XII. 3.
Shan Po	山 伯	何 首 烏
Shan Su	山 蘇	紫 蘇
Shan Szu Miao	山 絲 苗	XII. 11.
Shan T'ien Ts'ai	山 甜 菜	II . 4.
Shan Ts'ai	山 菜	柴 胡
Shan Tsao Chiao	山 皂 角	馬 魚 兒 條
Shan Ts'ung	山 葱	XIV. 5.
Shan Tzu	橀 子	VII. 6.
Shan Wan Tou	山 豌 豆	山 黃 豆
Shan Weng	山 翁	何 首 烏
Shan Wo Chu	山 萬 苣	XIV. 14.
Shan Yao	山 藥	XIV. 32.
Shan Yi Ts'ai	山 宜 菜	XIV. 11.
Shan Yu Tzu	山 油 子	水 棘 針 苗
Shan Yü	山 芋	山 藥
Shan Yü Ts'ai	山 蕷 菜	II. 22.
Shan Yüan Sui	山 園 蓑	蔫 本
Shang Lu	商 陸	章 柳 根
Shao Erh Ts'ai	杓 兒 菜	V. 4.
Shao Su	勺 蘇	紫 蘇
She Chuang Tzu	蛇 床 子	1. 21.
She Mi	蛇 米	蛇 床 子
She P'u T'ao	蛇 蒲 萄	V. 8.
She Su	蛇 粟	蛇 麻 子
She T'ou Ts'ai	舌 頭 菜	II. 26.
Sheng Ku Yu	省 沽 油	IX. 15
Sheng Hsi Ts'ai	勝 瑟 菜	車 輪 菜
Sheng Shen	盛 構	旋 覆 花
Sheng Tu	繩 毒	蛇 床 子

Romanized	Chinese Name	Chiu Huang Ref.
Sheng T'ui	升 推	炭 藁 子
Shih	蕊	蒼 耳
Shih Chieh	石 芥	IV. 3.
Shih Chiu	石 韭	雁 韭
Shih Chu Tzu	石竹子	I. 8.
Shih Chung Chu	實中竹	竹 笋
Shih Fang Feng	石防風	防 風
Shih Kang Hsiang	石岡橡	X. 14.
Shih Lien Tzu	石蓮子	蓮 藕
Shih Liu	石 榴	XIII. 15.
Shih Mei	識 美	沙 參
Shih Shu	柿 樹	XIII. 3.
Shih Tsao Erh	石棗兒	綿 棗 兒
Shih Tsao Erh Shu	實棗兒樹	X. 5.
Shou Kung Huai	守宮槐	槐 樹 芽
Shu Chiao	蜀 椒	椒 樹
Shu Chih	蜀 脂	黃 耆
Shu Chü	鼠 菊	I. 28.
Shu Ming	鼠 麥	莆 芥
Shu Nien Tzu	鼠 粘子	牛 旁 子
Shu Shih	鼠 矢	實 棗 兒 樹
Shu Tsao	蜀 棗	實 棗 兒 樹
Shu Wei T'sao	鼠 尾 草	鼠 菊
Shu Yang Ch'üan	蜀羊泉	青 杞
Shu Yü	薯 蕷	山 藥
Shui Ch'a Chiu	水茶臼	X. 15.
Shui Chi Chen Miao	水蘇針苗	IV. 16.
Shui Chieh Ts'ai	水芥菜	XIV. 7.
Shui Ch'in	水 芹	XIII. 37.
Shui Hsieh	水 瀉	澤 瀉
Shui Hu Chiao	水胡椒	回 回 蒜
Shui Hu Lu Miao	水胡蘆苗	IV. 14.
Shui La Ts'ai	水辣菜	II. 14.
Shui Lo Fu	水蘿蔔	XIV. 25.
Shui Lo Li	水落藜	III. 21.
Shui Man Ching	水蔓菁	II. 19.
Shui Pai	水 稗	稗 子
Shui Po Ts'ai	水波菜	水 蕩 萱
Shui So Yi	水蓑衣	V. 10.
Shui Su Tzu	水蘇子	III. 5.
Shui Ta Ts'ai	水荅菜	澤 瀉
Shui Tou Erh	水豆兒	VIII. 10.
Shui Tou Yeh	水斗葉	款 冬 花
Shui Tsao	水 藻	渣 草
Shui Ts'ung	水 葱	VIII. 11.
Shui T'zu Ku	水慈菇	VIII. 25.
Shui Wo Chü	水萵萱	II. 12.
Shui Ying	水 英	水 薪
Shun Mang Ku	蒓芒穀	XII. 20.
Su Tzu Miao	蘇子苗	XII. 17.
Suan Chiang	酸 漿	姑 娘 菜
Suan Chiang Ts'ao	酸漿草	I. 20.
Suan Tsao Jen	酸棗人	酸 棗 樹
Suan Tsao Shu	酸棗樹	X. 2.
Suan T'ung Sun	酸桶笋	IV. 31.
Sui	睢	蒲 笋
Sui Chun Ch'a	隨軍茶	胡 枝 子
Sung Lan	菘 藍	大 藍
Szu Kua Miao	絲瓜苗	VII. 13.
Szu Yi	思 益	蛇 床 子
T		
Ta Cha	大 扎	鬱 臭 苗
Ta Chi	大 薊	I. 3.
Ta Chi Miao	大 薊 苗	澤 漆

Romanized	Chinese Name	Chiu Huang Ref.
Ta Chu Hua	筐竹花	竹 節 菜
Ta Chü	大 菊	石 竹 子
Ta Lan	大 藍	I. 7.
Ta Lan	大 蘭	石 竹 子
Ta Liao	大 蓼	VIII. 22.
Ta P'eng Hao	大蓬蒿	IV. 36.
Ta Wan Hua	打碗花	蠶 子 根
Tai San	戴 傘	老 鴉
Tai Shen	戴 椹	黃耆旋覆花
Tan Chu Yeh	淡竹葉	竹節菜竹笋
Tang Lu	當 陸	章 柳 根
Tang Tao	當 道	章 輪 菜
Tao Jen T'ou	道人頭	蒼 耳
Tao Leng	盜 庚	旋 覆 花
Ti Hsin	地 新	藁 本
Tao Tou Miao	刀豆苗	XII. 14.
Teng Lung Erh	蹬 籠 兒	姑 娘 菜
Ti Chiao Erh Miao	地角兒苗	VII. 14.
Ti Chien	地 荈	茅 芽 根
Ti Chin	地 筋	茅 芽 根
Ti Chin Miao	地錦苗	V. 14.
Ti Ching	地 精	何 首 烏
Ti Fu	地 輔	枸 杞
Ti Fu Tzu	地膚子	水 蓑 衣
Ti Hsien Miao	地仙苗	枸 杞
Ti Hsüeh	地 血	土 茜 苗
Ti Hsün	地 蕈	紫 胡
Ti Hua Ts'ai	地花菜	V. 3.
Ti Huai Ts'ai	地槐菜	IV. 6.
Ti Huang Miao	地黃苗	VIII. 3.
Ti Ku	地 骨	枸 杞
Ti Kua	地 瓜	地瓜兒苗
Ti Kua Erh Miao	地瓜兒苗	XIV. 21.
Ti K'uei	地 葵	蒼 耳
Ti Li Tzu	地 栗 子	土 圞 兒
Ti Lou	地 樓	瓜 樓 根
Ti Men Tung	地門冬	天 門 冬
Ti Niu Erh Miao	地牛兒苗	地角兒苗
Ti Sang	地 桑	蠶 豆 兒
Ti Shao Kua	地稍瓜	VII. 18.
Ti Shen	地 參	VI 22.
Ti Sui	地 髓	地 黃 苗
Ti T'ang Ts'ai	地棠菜	III. 15.
Ti Tung	氐 冬	款 冬 花
Ti Tung Kua Ts'ai	地冬瓜菜	金 盞 菜
Ti Yü	地 榆	I. 30.
Tien Chi	顛 棘	天 門 冬
Tien Le	顛 勒	天 門 冬
Ting Hsiang Ch'ieh Miao	丁香茄苗	XIV. 31.
Tou Lu Shu	兜 楼 樹	IX. 22.
Tou Niu Erh Miao	鬬牛兒苗	犟牛兒苗
Tsao Chi	棗 棘	蛇 床 子
Tsao Chia Shu	皂 莢 樹	XI. 3.
Tsao Shu	棗 樹	XIII. 17.
Tse Ch'i	澤 漆	I. 19.
Tse Ku	澤 姑	瓜 樓 根
Tse Suan	澤 蒜	XIV. 22.
Tso Ch'an T'eng	左纏藤	金 銀 花
Tso Chiang Ts'ao	酢漿草	酸 漿 草
Tsu Ts'ao	沮 草	VIII. 9.
Tsuan Tung	鑽 凍	款 冬 花
Tu Hsing Ts'ai	獨行菜	IV. 21.
Tu Mu Ts'ao	杜 母 草	石 竹 子
Tu Sao Miao	獨 掃 苗	II. 7.

Romanized	Chinese Name	Chiu Huang Ref.
Tu Shen	獨 椹	黃 耆
Tu Tang Kuei	杜 當 歸	IV. 27.
Tui Chieh Ts'ai	對 節 菜	山 莧 菜
Tung Ch'ing Shu	凍 青 樹	IX. 11.
Tung Fang Su	東 方 宿	羊 蹄 苗
Tung K'uei Ts'ai	冬 葵 菜	XIII. 32.
Tung K'uei Tzu	冬 葵 子	冬 葵 子
Tzu	孛	山 絲 苗
Tzu Chiang Tou Miao	紫 豇 豆 苗	XII. 16.
Tzu Chü	紫 菊	馬 蘭 頭
Tzu Hsiang Hao	紫 香 蒿	II. 27.
Tzu Su	紫 蘇	XIV. 28.
Tzu Yü	紫 芋	芋 苗
Tzu Yun Ts'ai	紫 雲 菜	II. 15.
T'		
T'an Shu Ya	檀 樹 芽	IX. 24.
T'ang Yi	唐 薏	椒 樹
T'ang Ken	葛 根	章 柳 根
T'ang Li Shu	棠 梨 樹	XI. 14.
T'ao Liu T'eng	桃 柳 藤	何 首 烏
T'ao Shu	桃 樹	XIII. 18.
T'eng Ch'ang Miao	藤 長 苗	VIII. 7.
T'eng Hua Ts'ai	藤 花 菜	XI. 9.
T'ich Hsien Ts'ao	鐵 線 草	小虫兒臥單
T'ieh Kan Hao	鉄 桿 蒿	III. 3.
T'ieh Po Ch'i	鉄 箔 臍	XIII. 21.
T'ieh Sao Chou	鐵 掃 帚	V. 20.
T'ich Shua Tzu	鐵 刷 子	山 蔞 兒
T'ien Ch'ich Erh	天 茄 兒	丁 香 茄 苗
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T'ien Ching	天 精	枸 杞

Romanized	Chinese Name	Chiu Huang Ref.
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T'ien Hua Fen	天 花 粉	瓜 樓 根
T'ien K'u Sun	甜 苦 笋	竹 笋
T'ien Kua	天 瓜	瓜 樓 根
T'ien Ts'ai Tzu	甜 菜 子	枸 杞
T'o Lu	托 盧	枸 杞
T'o Pai Lien Miao	拖 白 練 苗	IV. 30.
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T'ien Men Tung	天 門 冬	VI. 4.
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T'ou Ku Ts'ao	透 骨 草	V. 17.
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Ts'ang Chu	蒼 朮	VI. 8.
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Ts'u Mu Ts'ao	醋 母 草	酸 漿 草
Ts'ui E Mei	翠 娥 眉	竹 節 菜
Ts'ui Hu Tich	翠 蝴 蝶	竹 節 菜
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T'u Ch'ien Miao	土 茜 苗	VII. 24.
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T'u Ch'ing Mu Hsiang	土 青 木 香	馬 兜 鈴
T'u Chu	土 蘢	山 藥
T'u Chu	蒐 竹	黃 精 苗
T'u Erh Chiang	兎 兒 漿	兎 兒 酸
T'u Erh Miao	兎 兒 苗	蠶 子 根

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T'u Erh Szu	兎 兒 絲	IV. 9.
T'u Erh Wei Miao	兎 兒 尾 苗	V. 13.
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T'u Hsi	葖 奚	歡 多 花
T'u Hui Hsiang	土 茴 香	茴 香
T'u Luan Erh	土 圞 兒	VI. 14.
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T'ui Ch'ou Hui	薵 臭 穢	鬱 臭 苗
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Yang Ch'üan	羨 泉	青 杞
Yang Fu Lai	羊 負 來	蒼 耳
Yang Ju	羊 乳	枸 杞
Yang Nai K'e	羊 嬭 科	羊 角 菜
Yang Nai Tzu Shu	羊 嬭 子 樹	白 棠 子 樹
Yang Shih	羊 蒔	麥 門 冬
Yang Sui P'ao	羊 尿 胞	苦 馬 豆
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Yin Ch'eng	陰成	菊花
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Yin Yang Huo	淫羊藿	仙靈脾
Yin Yang Shih	淫羊食	天門多
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Yu Lung	遊龍	白水紅苗
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Bedstraw, yello	7.27
Beet leaf	14.4
Belvedere	2.7
Birthwort	1.15
Bladder-nut	9.15
Bladderwort	8.10
Bluebell	6.1
,, , broad	2.1
Bramble	7.12
Brome, false	7.11
,, grass	7.1
Broom plant	2.7
Buckthorn	9.14
Buckwheat	12.8
Burdock	8.4
Burnet	1.3
,, garden	4.15
Bur-reed	8.23
Calthrop	7.3
,, , water	13.10
Campion	4.19
,, , inflated	4.37
Carp scale	4.24

English Names	
Carpenter weed	1.23
Carrion flower	2.21
Catalpa	11.11
Catbrier	10.7
Cattail	8.12
Cedar	9.6
Celandine	3.18
Celery	2.20
,, , water	13.37
Chaff flower	1.4
Chamlagu pea	11.10
Chard	13.29
Cherry	13.1
,, , dwarf	13.9
,, , wild	13.14
,, , winter	7.23
Chestnut, horned	13.10
,, , water	13.21
Chickenhead	13.23
Chickweed.	3.7
,, , horned	3.2
China grass	6.7
,, tree	9.29
Chirata	6.23
Chrysanthemum	8.19
,, , corn	3.31
,, , garland	13.31
Ciboule	14.23
Cicely, sweet	6.12
Cinquefoil	6.18
,, , Chinese	4.20
Clematis	1.14

English Names	
Clematis, panicled	8.22
Clover, bush	7.28
,, , Japanese	7.10
,, , rush	5.20
Cocklebur	7.22
Cockscomb	2.18
Colza	13.24
Cornel cherry	10.5
Colsfoot	1.5
Columbine	5.23
Coneflower	2.15
Corydalis	5.14
Cottage thatch	2.11
Cowherb	7.25
Cowpea	12.18
,, , purple	12.16
Cress, garden	4.21
,, , Indian	4.18
,, , marsh	3.6
,, , mountain	14.7
,, , penny	14.8
,, , rock	14.13
,, , table	4.12
,, , water	2.14
,, , ,, yellow	2.25
Crosnes	14.20
Crowfoot	4.5
D	
Dalbergia	9.24
Dandelion	14.17
Date, Chinese	13.17
Date-plum	13.11

English Names	
Deer bamboo	8.2
Dock, yellow	7.21
Dogwood	9.8
Dusty miller	3.30
Dyer's woad	1.7
F	
Fennel	1.22
Fenugreek, blue	3.20
Fig	10.9
Flag root	6.9
Floating heart	8.24
Flossgrass	8.14
Flower-of-an-hour	5.15
Forget-me-not	4.13
Forsythia	1.34
Foxnut	13.23
Foxtail, yellow	7.8
G	
Garlic, Japanese	14.22
Gentian	1.27
Geranium	5.19
Gooseberry, Ichang	11.6
Goosefoot	14.30
Gourd	8.17
,, bitter	7.19
,, , wild	7.15
Grape	13.5
[illegible]	13.12
[illegible]	13.36
[illegible]	6.14
[illegible]	14.21

English Names	
H	
Hackberry	11.7
,, fruit	10.13
Hares ear	1.25
,, umbrella	5.2
Haw, red	10.8
Hawks-beard	14.15
Heal all	1.23
Hedge bindweed	6.10
Hemp	12.11
Herb de flacq	2.4
Honeysuckle	10.18
Honeysuckle, Chinese	8.20
,, , Red	10.20
Honewort	5.7
Hop, wild	1.32
Horehound, water	14.21
Horn Chestnut	13.10
Hungarian fustic	9.5
Hyacinth bean	12.15
I	
Incarvilla	1.33
Indigo, false	11.12
Ink plant	5.14
Ivy, ground	13.36
J	
Jujube	13.17
,, , spiny	10.2
Jute	7.4
K	
Kenaf	8.15
Knotweed	1.6

English Names		English Names	
Knotweed, flowery	8.16	Medion Herb	2.33
,, , Siebolds	4.31	Milkweed	5.11
Kudzu vine	8.15	Millet, sawa	7.6
Kuko	11.1	,, short	7.8
		wild	7.9
Ladys-thumb	14.9	Mimosa	9.2
Lambs quarters	14.30	Mint, field	13.35
Leaf blossom	4.6	Moonflower	14.31
Leek	14.19	Moss, reindeer	4.2
,, , black	6.4	Motherwort	1.18
Lettuce,	13.35	Mugwort	3.25
,, , wild	3.	Mulberry	11.16
,, , ,,	14.11	,, , paper	11.4
,, , ,,	14.14	**N**	
Lily, orange day	1.10	Nightshade	2.2
root	6.2	,, , black	7.30
Linden	9.36	**O**	
Lobelia	4.1	Oak	9.23
Lofofah	7.13	,, Chinese	10.3
Loosestrife	4.26	Onion, small	14.23
,, , Fortunes	5.9	,, , wild	14.5
,, , hairy	4.9	**P**	
,, , spiked	2.3	Pagoda tree	11.13
Lotus	13.22	Paper mulberry	11.4
Lycoris	6.20	Parsley, hemlock	1.31
M		Parsnip, wild	1.29
Madder	7.24	Pastel	1.7
Mallow	9.17	Pea, beach	12.1
,, Chinese	13.32	,, ,wild	7.16
Maple	9.18	,, ,winter	7.31
Marigold	2.28	Peach	13.18
Matrimony vine	11.1	Pear	11.14

English Names		English Names	
Pear, Chinese	13.4	Raisin tree	10.12
,, , sand	13.19	Rampian	5.21
Pepper, water	13.33	Raspberry	7.12
Pepperwort, wild	3.9	Reed	8.13
Perilla,	14.29	Rehmannia	8.3
,, , Nanking	14.28	Rice, Indian	8.26
,, , purple	12.17	Rose	4.28
Persimmon	13.3	,, , California	8.7
Photinia	9.19	,, , Cotton	9.17
Pigs head	3.33	Rowan	9.27
Pigweed	14.30	Rush flowering	6.11
,, , purple	12.20	**S**	
Pink	1.8	Safflower	1.9
Pincushion flower	6.21	Sage, Japanese	1.28
Plantain	1.11	Salsify	2.16
,, , water	2.5	Sanicle	4.33
Plum	13.16	Sarsaparilla	4.34
Poke root	6.5	Saussurea	4.8
Pomegranate	13.15	Savory, Chinese	4.29
Pond-onion	8.11	Sawa millet	7.6
Pondweed	8.9	Scissor berry	10.11
Poplar	9.4	Seablite	2.10
Poppy seed	12.9	Sedge	8.18
Prince's feather	1.12	Senega, Chinese	8.5
Privet	9.11	Shallot	14.24
Pumpkin root	6.16	Shepherds purse	14.27
Purslane	13.27	Silkworm thorn	11.5
Q		Silver bell	9.28
Quassia	9.10	Smartweed	13.33
Quince	13.7	Smilax	3.23
		Snailshell grass	4.7
R		Snowdrop tree	9.28
Ragwort	1.1		

English Names		English Names	
Snakes bed	1.21	**U**	
Soapbean tree	11.3	Udo	4.27
Solomons seal	6.3	**V**	
Sophera senna	8.21	Valerian	5.3
Sorrel	1.20	Vetch, milk	7.29
Sowthistle	13.26	,, , yellow	1.13
Soya bean	12.13	Viburnum	10.6
,, ,, , wild	12.2	,, , Japanese	9.38
Speedwell,	2.19	Vincetoxicum	8.8
,, , field	3.27	Violets	3.26
,, , longleafed	5.13	Virgins bower	4.22
,, , water	2.12	Vitex	10.4
Spiny panax	9.31	**W**	
Spiderwort	2.6	Walnut	13.2
Spurge	5.12	Wartweed	1.19
Squill	6.13	Wasabi	2.22
Stargrass	3.8	Water bamboo	8.26
Starwort	3.7	Water chestnut	13.21
Stonecrop	2.30	Willow	9.20
,, , Japanese	5.5	Willow herb	4.35
,, , Virginia	3.19	,, ,, , hairy	2.32
Strawberry, Indian	7.20	Winter-sweet	11.8
Swallow wort	7.18	Wisteria	11.9
T		Woodbine	8.20
Taro	13.20	Wormwood, beech	3.30
Tarragon, purple	2.27	**Y**	
Tea	9.1	Yam	14.32
Thistle, cat	1.2	,, , wild	6.15
,, , globe	1.26	Yellow berry	11.13
,, , tiger	1.3	Yellowhorn	11.15
Tick trefoil	12.7		
Tsa tree	11.5		