



# Indonesian Vegetables

50 Indonesian “Veggies” for Daily Use



Christofora Hanny Wijaya  
Indah Epriliati

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**C. Hanny Widjaya**  
**Indah Epriliati**



## Table of Contents

1. Asparagus — 1
2. Bamboo Shoot — 6
3. Banana Inflorescence — 11
4. Bilimbi — 16
5. Bitter Gourd — 21
6. Black Nightshade — 28
7. Bottle Gourd — 33
8. Broccoli — 38
9. Cabbage — 44
10. Cassava Leaves — 52
11. Caisin — 57
12. Cashew Leaves — 62
13. Cane Inflorescence — 67
14. Celery — 71
15. Ceylon Spinach — 76
16. Chayote — 80
17. Chinese Spinach — 85

18. Cucumber — 91
19. Cycas — 98
20. Devil's Fig — 102
21. Dogfruit — 106
22. Eggplant — 110
23. Garden Beet — 116
24. Garden Lettuce — 121
25. Garlic — 125
26. Gotu Kola — 130
27. Indian Camphorweed — 135
28. Lead Tree — 140
29. Leek — 144
30. Lemon Basil — 149
31. Luffa — 154
32. Moringa Leaves— 159
33. Neem Leaves — 164
34. Papaya Leaves — 169
35. Petsai — 173
36. Pigeon Pea — 178
37. Potato — 182
38. Purslane — 191
39. Radish — 197
40. Rakkyo — 202
41. Sawah Lettuce — 206
42. Shallot — 211
43. Star Gousberry — 220
44. Stink Bean — 224
45. String Bean — 229

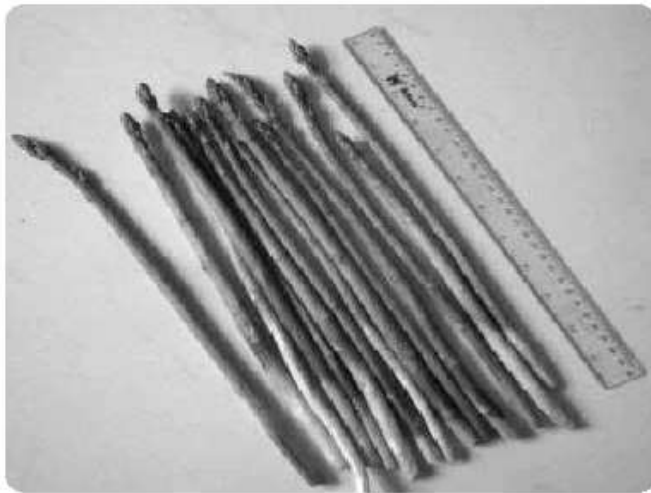
## TABLE OF CONTENTS

- 46. Tomato — 235
  - 47. Water Spinach — 242
  - 48. Waxy Gourd — 248
  - 49. Wild Cosmos — 253
  - 50. Winged Bean— 258
- References — 262
- Author's Profile — 301



## Chapter 1

# ASPARAGUS



- Indonesian name:** *Asparagus*  
**Other dialect:** -  
**Botanical name:** *Asparagus officinalis* L, *A. longifolius* Fisch  
ex Steud  
**English name:** Common asparagus, Garden asparagus

**A**sparagus is consumed as vegetable (Heyne, 1987), the main edible parts are its meristematic stems or young expanded shoots (spears) (Wijayakusuma, 2005). Asparagus spears may be harvested before changing its appearance to become white asparagus, or after surfacing as green asparagus at about 18-25 centimeters tall. The green spears should appear be all green while the white spears should all white (Nichols, 1994).

### Edible Parts

Stems and young shoots.

### Uses

Normally the white spears are peeled prior to cooking, while the green spears are usually eaten unpeeled (Nichols, 1994).

### Nutritional Information

The nutritional composition of asparagus is shown in Table 1.1. Asparagus tastes sweet and bitter (Wijayakusuma, 2005), can be allergenic, but with very low prevalence (Duke et al., 2002).

**Table 1.1** Nutritional composition of asparagus per 100 g edible portions (Nichols, 1994)

Composition	Amount
Water	92 g
Energy	113 kJ
Protein	2.8 g
Lipids	0.2 g
Carbohydrates	2.2 g
Vitamin A	980 IU
Vitamin B1	0.23 mg
Vitamin B2	0.15 mg
Niacin	2.2 mg
Calcium	24 mg
Iron	1.5 mg
Phosphor	52 mg

## Efficacy

Asparagus can cure hyperplasia in mammae glands, leukemia, urethra and pulmo cancer, Hodgkin's disease and may improve immunity by promoting the T-lymphocyte functions. Asparagus contains asparagines, asparamides, aspagosides, asparagate acid, chelidonic acid, coumarin, glutathione, flavonoids, amino acid and  $\beta$ -sitosterol.





# Indonesian Vegetables

A quote says "eating 5 servings of fruits and vegetables keeps you away from diseases". In fact, there is a need to consume various fruits and vegetables to fulfill the quote so that the body gets sufficient bioactive compounds, quantitatively low and qualitatively diverse. However, it is not easy to differentiate fruits from vegetables. Moreover, vegetables and fruits are also traditionally believed to cure various diseases.

How will consumers manage safe combinations? Imagine when the cocktail of bioactives are antagonistic, what would be the consequences of such consumptions? Hence, appropriate understanding of the uses, types of components in each kind of fruit or vegetable, parts of the edible portions, etc. are critical for proper diet practices. In this book, descriptions of 50 types of vegetables consumed by people throughout Indonesia are given, including the folklores about the curing capacity or partially proven curing practices using fruits and vegetables, as well as regions of Indonesia where the products are abundantly distributed.

The challenges in order to prove the folklores based on scientific data warrant very fertile research areas in functional foods as well as processing to optimize curing effects, and indeed to prove the quote scientifically. Therefore, this book is expected to give overviews and current updates on vegetable health benefits, ultimately vegetables which are daily consumed in Indonesia.

PT ELEX MEDIA KOMPUTINDO  
Kompas Gramedia Building  
Jl. Palmerah Barat 29-37, Jakarta 10270  
Telp. (021) 53650110-53650111, Ext 3216  
Webpage: <http://www.elexmedia.co.id>

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