

VEGETABLES OF PAKISTAN A RESEARCH BY ALLAH DAD KHAN PROJECT DIRECTOR CMPII NWFP PESHAWAR

CLASSIFIED AS PER THE FOLLOWING CATEGORIES BY PARTS CONSUMED AS EDIBLE PART

1. Bulb Used as Vegetables
2. Flower used as Vegetables
3. Fruit Used as Vegetables
4. Stem Used as Vegetables
5. Leaves Used as Vegetables
6. Roots Used as Vegetables
7. Seed/Pod Used as Vegetables
8. Fungi Used as Vegetable
9. Other Vegetables

1. Bulb Used as Vegetables

- Onion Bulbs
- Garlic Bulbs
- Shallot Bulbs
- Leek Bulbs
- Fennel Bulbs

2. Flower Used as Vegetables

- Cauliflower
- Broccoli
- Globe artichoke

3. Fruit used as Vegetables

- Egg Plant
- Chillies
- Shamlu Chillis
- Tomato
- Water Melon (Tarbooz)
- Musk Melon (Kharboza)

- Cucumber (Kheera
- Bitter Gourd
- Bottle Gourd
- Snake Gourd
- Ridge Gourd
- Sponge Gourd
- Tinda
- Pumpkin
- Chippin Kadu
- Okra

4. Stem Used as Vegetables

- Asparagus
- Celery
- Kohirabi

5. Leaves Used as Vegetables

- Cabbage
- Spinach
- Coriander
- Kulfa
- Meethi
- Coriander
- Amaranth
- Karam Sagg
- Mustard
- Clocacia Leaves
- Spring Onion
- Turnip Leaves
- Radish Leaves
- Dandelion
- Jungli Palak
- Pumpkin Leaves

6. Roots Used as Vegetables

- Radish
- Turnip
- Carrott
- Beet Root

7. Seed Used as Vegetables (fresh /Pods)

- Broad Bean
- French Bean
- Pea
- Snake Bean
- Moongra

8. Fungi Used as Vegetables

- Oyster Mushroom
- Button Mushroom
- Shitake Mushroom

9. Other Vegetables

- Potato
- Clocasia
- Ginger
- Turmeric
- Kachoor