

# Uses

ID	117
Crop ID	Caisin
Part	Whole (without root)
Use Category	Food
Notes	Brassica rapa comprises many crops with a variety of uses. Most important are the vegetables. The foliage of Chinese cabbage, pakchoi and caisin and the thickened taproot of vegetable turnip are used as vegetables. They are consumed boiled, in soups, fresh in salads, or stir-fried in special dishes.
Metadata ID	6,586