

## Leafy Brassica

Lines developed at AVRDC – The World Vegetable Center

### AVLB1205(Choysum)



**Selfed Selection** from '*Liu Bao 701*'

Guangzhou Vegetable Science Research Institute, China

**Remarks:** Heat tolerant, thick dark green stem

To order seed, please email:

[seedrequest@worldveg.org](mailto:seedrequest@worldveg.org)

A handling fee will be charged.

For seed distribution policies, please visit the AVRDC website: [www.avrdc.org](http://www.avrdc.org)

**AVRDC – The World Vegetable Center**

**Box 42**

**Shanhua, Tainan 74199**

**TAIWAN**

#### Descriptors\*

Consumed part	Young leaves with thick stem
Maturity (DAS)**	30-35
Plant height (cm)	37
Plant weight (g)	162
Leaf number	10
Leaf length (cm)	22
Leaf width (cm)	9
Petiole length (cm)	18
Stem length (cm)	29
Stem width (cm)	3
Plant color	Dark green

\*Measured at AVRDC, Shanhua Taiwan, Nov. to Dec., 2011. Values are averages.

\*\*DAS: days after sowing to commercial harvest stage

#### Nutrition content\*

Glucosinolate ( $\mu$ mole)	30 – 59
$\beta$ eta-carotene ( mg )	0.9 – 2.0
Vit. C ( mg )	71 – 85
Lutein ( mg )	2.0 – 3.3
Fe ( mg )	0.38 – 2.35
Zn ( mg )	0.23 – 0.47
Ca ( mg )	119 – 146

\*100g edible portion on fresh weight