

## Leafy Brassica

Lines developed at AVRDC – The World Vegetable Center

### AVLB1208(Choysum)



**Selfed Selection** from 'You-Cai-Xin'

Known-You Seed Co., Ltd., Taiwan

**Remarks:** Heat tolerant, thick 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
Maturity (DAS)*	35-40
Plant height (cm)	42
Plant weight (g)	335
Leaf number	11
Leaf length (cm)	27
Leaf width (cm)	17
Petiole length (cm)	23
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)	61 - 106
$\beta$ -carotene (mg)	1.1 - 2.2
Vit. C (mg)	69 - 88
Lutein (mg)	1.4 - 3.2
Fe (mg)	0.26 - 2.96
Zn (mg)	0.20 - 0.49
Ca (mg)	154 - 200

\*100g edible portion on fresh weight