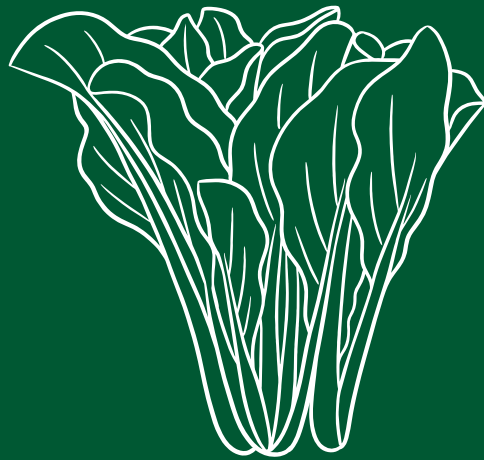




**Hmong**  
*Crop Profiles*  
for Emerging Farmers



Northern  
**Gardener**

BY THE MINNESOTA STATE HORTICULTURAL SOCIETY

[northerngardener.org](http://northerngardener.org)



# Hmong Mustard Greens

Zaub Paj (zow bah)

This is a cold-hardy, fast-growing leafy green commonly used in soups and stir-fries

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## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow in early spring/fall
- Pick leaves at 30-40 days

## GROWING CONDITIONS

- Full sun to partial shade
- Grows best in cooler weather (50°F to 75°F)

## COMMON PESTS/ DISEASES

- Flea beetles
- Cabbage worms

## CULINARY AND CULTURAL USES

- Stir-fries
- Soups
- Pickled

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Very commonly used in Hmong New Years dishes



# Perilla

Zaub Txwb Nqaij (zow ntoong dah mwoah)

An herb with purple-green leaves used in Hmong cuisine; known for its medicinal properties

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## BEST PLANTING AND HARVESTING PRACTICES

- Full sun to partial shade
- Grows best in warm weather (65°F to 75°F)

## GROWING CONDITIONS

- Start indoors before last frost
- Harvest leaves regularly

## COMMON PESTS/ DISEASES

- Aphids
- Flea Beetles

## CULINARY AND CULTURAL USES

- Best used in salads and wraps
- Good for seasoning meat

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Traditional medicinal uses for a variety of ailments



# Hmong Coriander

Zaub Txhwb (zow chuh)

Similar to cilantro but with a stronger aroma; thrives in cool weather

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## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow in early spring/fall
- Pick before the plant flowers

## GROWING CONDITIONS

- Full Sun
- Grows best in cooler weather (60°F to 80°F)
  - If temps get higher, you will see your cilantro bolt and start producing seeds rather than leaves

## COMMON PESTS/ DISEASES

- Aphids
- Whiteflies

## CULINARY AND CULTURAL USES

- Soups
- Curries
- Meat-based dishes

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Essential and popular in Hmong cooking



# Hmong Radish

Zaub Ntug Xub (zow ntoong soo)

A variety of daikon radish with large, crisp roots that are pickled or used in soups

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## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow in early spring/late summer
- Harvest at 8-12 inches

## GROWING CONDITIONS

- Full Sun
- Grows best in cooler weather (50°F to 65°F)

## COMMON PESTS/ DISEASES

- Root maggots
- Flea Beetles

## CULINARY AND CULTURAL USES

- Soups
- Pickles
- Stir-Fries

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Common in Hmong celebrations



# Taro

Qos Hauv Paus (gaw hoh pow)

This plant requires a long growing season and is best grown in containers for USDA Hardiness Zones 3, 4, & 5

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## BEST PLANTING AND HARVESTING PRACTICES

- Start in warm conditions
- Long growing season
- Best to loosen dirt around the plant and pull the whole thing up

## GROWING CONDITIONS

- Requires an extended season for growth
- Best started in a container indoors with a heat mat so it can have adequate time to grow to maturity
- Thrives in 68°F to 100°F

## COMMON PESTS/ DISEASES

- Root rot
- Pests in humid conditions

## CULINARY AND CULTURAL USES

- Boiled
- Mashed
- Curries

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Staple root crop in Hmong cooking



# Yam

Qos Hauv Paus (gaw ndong)

Some cold-hardy varieties can be grown, but they may need extra care in shorter growing seasons

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## BEST PLANTING AND HARVESTING PRACTICES

- Plant in rich soil
- Grows best in hot summers (77°F to 86°F temp)

## GROWING CONDITIONS

- Full sun
- Thrives in warm weather

## COMMON PESTS/ DISEASES

- Minimal pest issues

## CULINARY AND CULTURAL USES

- Stews
- Curries
- Stir-fries

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Used in cultural ceremonies



# Long Beans

Taum Ntev (tao n-teh)

This plant produces long, thin pods that are great for stir-fry

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## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow after last frost
- Harvest when pods reach 12 to 18 inches

## GROWING CONDITIONS

- Full sun
- Thrives in warm weather (70°F to 80°F)
- Needs a trellis

## COMMON PESTS/ DISEASES

- Bean beetles
- Aphids

## CULINARY AND CULTURAL USES

- Stir-fries
- Grilled dishes

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- High-yield home garden favorite



# Luffa Gourd

Zaub Taub Ntoos (zow tao ndong)

Heat-loving vine producing edible young gourds; mature ones can be dried for natural sponges

## BEST PLANTING AND HARVESTING PRACTICES

- Plant in the warm season
- Trellis is required for proper growth (preferably overhead)

## GROWING CONDITIONS

- Full sun
- Heat-loving vine

## COMMON PESTS/ DISEASES

- Powdery mildew
- Aphids

## CULINARY AND CULTURAL USES

- Young gourds can be eaten
- Mature harvest can be used for sponges

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Traditional household item



# Hmong Eggplant

Taub Ntshav (tao n-chah)

Small, round, white-to-purple eggplants used in stir-fries and soups

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## BEST PLANTING AND HARVESTING PRACTICES

- Start seeds indoors around April
- Transplant after last frost

## GROWING CONDITIONS

- Full sun
- Summer crop

## COMMON PESTS/ DISEASES

- Spider mites
- Flea beetles

## CULINARY AND CULTURAL USES

- Stews
- Curries
- Stir-fries

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Popular in traditional dishes



# Thai Chili Peppers

Zaub Txhwb Qaib (zow chuh kai)

Small, spicy peppers in traditional Hmong dishes; can be grown in containers and brought inside in winter

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## BEST PLANTING AND HARVESTING PRACTICES

- Start indoors or sow directly after frost
- Harvest at full ripeness

## GROWING CONDITIONS

- Full sun
- Grows well in pots
- Loves the heat

## COMMON PESTS/ DISEASES

- Aphids
- Fungal Diseases

## CULINARY AND CULTURAL USES

- Spicy dipping sauces

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- A spice used in many Hmong meals

