

A good way to become familiar with a new country you are visiting is to visit a traditional market.



These markets are the source of vegetables for many of the local residents.



You will be surprised by the diversity of crops available for sale.



When you look closely you can usually find unfamiliar vegetables. In amongst the interesting greens, peppers and mushrooms was Angelica shoots (*Aralia elata*).



Angelica shoots are a seasonal vegetable taken from the new growth of a spiny shrub.



강원도  
참 두릅

5000원



Angelica shoots (*dureup*) are eaten steamed or fried and only available in May.



Another seasonal vegetable is bracken fern (*Pteridium aquilinum*). While we were hiking, it was common to see wild collected bracken fern for sale along the road.



Bracken fern (*gosari*) is harvested before the leaflets expand and eaten as a steamed vegetable side dish. It must be cooked as raw ferns can be dangerous to eat.



It is common to see bracken fern sold dry to extend its period of availability.  
It needs to be rehydrated before it is cooked and eaten.



Dried



Rehydrated

Korean mugwort (*Artemisia princeps*) is a spring harvested leafy herb (ssuk) used in soups or kimchi. It provides the green color to rice cakes.



Korean chives (*Allium monanthum*) is another wild collected spring herb (dallae) used as a side dish or to flavor soups. Like other onion greens, it is a common ingredient in Korean pancakes.



It was surprising to see the shoot tips of a sedum being sold in the market. Dolnamul (*Sedum sarmentosum*) shoots are only available in the spring and are used as a fresh side dish usually in a sweet, tangy red sauce.





Castor aralia (*Kalopanax septemlobus*) new green shoots can be eaten as a steamed vegetable and the dried stems and wood is used in traditional Korean herbal medicine.



Winged euonymus (*Euonymus alatus*) stems are easily recognized for the corky ridges on the stems.

The dried wood is used in traditional Asian herbal medicines.



Ginseng (*Panax ginseng*) is very popular food and medicinal crop in Korea. However, it is not the only root or tuber crop used in Korean cooking.



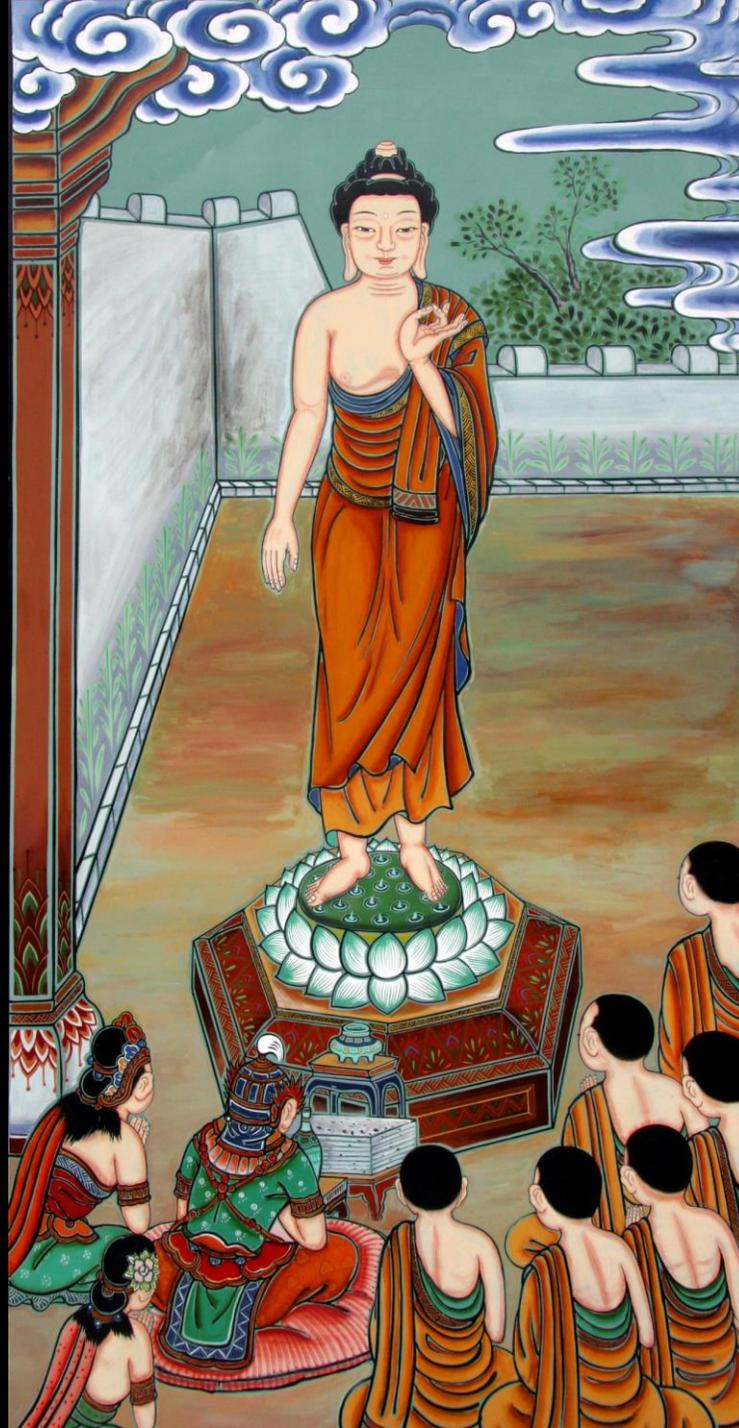
Chinese yam (*Dioscorea polystachya*) is an unusual tuber crop that can be peeled and steamed or stir fried.



Chinese balloon flower (*Platycodon grandiflorus*) root (doraji) is used fresh or dried and used as a side dish or as a traditional medicinal herb.



Lotus (*Nelumbo nucifera*) is a symbolic plant in Buddhist religion, but several parts of the plants are also edible.



In Buddhism, lotus is a symbol for enlightenment.

Buddha is often depicted standing or riding on a lotus flower.

Lotus root (rhizome) is the most common portion of the plant eaten.  
It needs to be peeled and sliced before cooking.



Lotus root cleaned and cut into thin portions. It is easy to recognize because of the large internal cells that act to help aerate the underwater parts of the plant.



Lotus marinated



Lotus battered and fried



Other portions of the lotus can be eaten. Roasted lotus seeds are eaten as a snack food.



Lotus flowers also makes a pleasant chilled tea (yeonhwa-cha) usually served in a traditional lotus-shaped bowl.



Milkvetch (*Astragalus mongholicus dahuricus*) roots (hwanggi) are used to flavor soups, like traditional chicken and ginseng soup (samgyetang). Soup ingredients include chicken, rice, ginseng, milkvetch root, jujube, garlic and green onion.



Korean Solomon's seal (*Polygonatum sibiricum*) root (rhizome) is sold as a dried root tea.



Korean radish (*Raphanus raphanistrum sativus*) comes in a variety of shapes and sizes.



Korean radish is used in side dishes, especially pickled.



Korean radish tops are also used as a leafy vegetable.



Many leafy greens in Korea are used as wraps including lettuce and Korean perilla.



Korean perilla (*Perilla frutescens*) leaves (Ggaenip) can be eaten fried or pickled and is common as a wrap for Korean BBQ.



Napa cabbage (*Brassica rapa pekinensis*) is a common leafy vegetable, especially for kimchi.



Korean dates (*Ziziphus jujuba*) are usually used as a dried fruit (*daechu*) to make tea, jams and included in ginseng chicken soup.



Chili pepper (*Capsicum annuum*) fruits (gochu) is common in Korean foods and may be used fresh or dried. It is also made into chili paste.



Shishito pepper (*Capsicum annuum*) is a sweet pepper (kkwari-gochu) with a wrinkled appearance common in Asian cooking.



Ginkgo nuts (*Ginkgo biloba*) used as the shelled seeds are traditionally included in bibimbap.



Soybean sprouts (*Glycine max*) are the most commonly available sprouted seeds in Korean cooking. They are produced in the dark.



Soybean sprouts are a common side dish.



There is a wonderful diversity of edible mushrooms seen in the markets.





King trumpet (*Pleurotus eryngii*)



Shiitake (*Lentinula edodes*)



Straw mushroom (*Volvariella volvacea*)



Oyster mushroom (*Pleurotus*)

Oyster mushroom  
(*Pleurotus ostreatus*)

