



BY VIVAVN TEAM

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VIETNAMESE HERBS



A GUIDE TO THE BEST HERBS OF VIETNAM



Vietnamese Herbs

A guide to Vietnam's best herbs

If you're curious about Vietnamese herbs, this PDF will introduce you to some of the most popular ones used in Vietnamese cuisine. You'll find the Vietnamese names of these herbs, along with their distinct flavors, the methods for growing them, and the time it takes from planting to harvesting each herb.



Green onion

- **Vietnamese name:** Hành lá
- **Flavor Profile:** Green onions have a mild onion flavor with a hint of garlic, with the white bulb tasting slightly different from the green tops.
- **Growing Method:** Green onions can be grown either from seeds or by replanting the root ends.
- **Growing time:** 30-45 days to harvest.



Vietnamese coriander

- **Vietnamese name:** Rau răm
- **Flavor Profile:** Vietnamese coriander has an aromatic, herbal flavor with citrus, spice, and a peppery aftertaste.
- **Growing Method:** Vietnamese coriander can be grown from seeds or by stem cuttings.
- **Growing time:** 30-40 days to harvest.



Coriander

- **Vietnamese name:** Ngò ri/ ngò/ rau mùi
- **Flavor Profile:** Coriander, also called cilantro when fresh, has a fresh, citrusy taste with a mild peppery kick.
- **Growing Method:** Coriander can be grown by sowing seeds or by using its roots.
- **Growing time:** 30-40 days to harvest.



Thai basil

- **Vietnamese name:** Hùng quế
- **Flavor Profile:** Thai basil has a bold, spicy flavor with a hint of sweetness, similar to anise or licorice.
- **Growing Method:** Thai basil can be grown from seeds or propagated through stem cuttings
- **Growing time:** 30 days to harvest.



Lemon basil

- **Vietnamese name:** É/ é trắng/ húng trắng
- **Flavor Profile:** Lemon basil has a distinct flavor that's herbal, sweet, and tangy, with hints of lemon and a touch of anise.
- **Growing Method:** Lemon basil can be grown from seeds or by stem cuttings.
- **Growing time:** 30-45 days to harvest.



Lemon grass

- **Vietnamese name:** Sả
- **Flavor Profile:** Lemongrass has a distinctive flavor, blending citrusy lemon, floral notes, and a touch of ginger.
- **Growing Method:** Lemongrass can be grown from seeds or by using its roots.
- **Growing time:** Lemongrass is ready to harvest in 3 to 4 months



Culantro

- **Vietnamese name:** Ngò gai
- **Flavor Profile:** Culantro has a strong, herbal flavor with a touch of citrusy bitterness.
- **Growing Method:** Culantro coriander can be propagated from seeds.
- **Growing time:** Culantro is ready to harvest in 3 to 4 months



Perilla leaves

- **Vietnamese name:** Tía tô
- **Flavor Profile:** Perilla leaves have a bold, aromatic flavor with a hint of mint, basil, anise, and licorice, along with a slight acidity.
- **Growing Method:** Perilla can be grown from seeds or propagated through stem cuttings
- **Growing time:** 30-40 days to harvest.



Garlic chives

- **Vietnamese name:** Hẹ
- **Flavor Profile:** Garlic chives have a mild, subtle flavor that combines hints of garlic and onion.
- **Growing Method:** Garlic chives can be grown from seeds or stems.
- **Growing time:** 55-60 days to harvest.



Fish mint

- **Vietnamese name:** Diếp cá
- **Flavor Profile:** Fish mint has a unique and bold flavor, with a mild sourness, a metallic undertone, and a distinct fishy taste.
- **Growing Method:** Fish mint can be grown from seeds or by stem cutting.
- **Growing time:** 30-45 days to harvest.



Spearmint

- **Vietnamese name:** Húng lủi
- **Flavor Profile:** Spearmint has a sweet, mildly tangy flavor with subtle hints of citrus and spice
- **Growing Method:** Spearmint can be grown from seeds or by stem cutting.
- **Growing time:** 50-60 days to harvest.



Peppermint

- **Vietnamese name:** Bạc hà
- **Flavor Profile:** Peppermint has a strong, cooling flavor that's refreshing with a hint of spiciness, and it contains about forty percent menthol.
- **Growing Method:** Peppermint can be grown from seeds or by stem cutting.
- **Growing time:** 30-60 days to harvest.



Vietnamese balm

- **Vietnamese name:** Kinh giới
- **Flavor Profile:** Vietnamese balm has a unique flavor that combines lemon, mint, and a touch of spice.
- **Growing Method:** Vietnamese balm can be grown from seeds or by stem cuttings.
- **Growing time:** 35-45 days to harvest.



Piper lolot

- **Vietnamese name:** Lá lốt
- **Flavor Profile:** Piper lolot leaves have a strong aroma and a distinctive, slightly spicy taste. When cooked, they develop a mild herbal and minty flavor.
- **Growing Method:** Piper lolot is propagated by stem cuttings.
- **Growing time:** Piper lolot is ready to harvest in 2 to 3 months



Celery

- **Vietnamese name:** Cần tây
- **Flavor Profile:** Celery has a mild bitterness, paired with a crisp texture that's juicy and refreshing.
- **Growing Method:** Celery can be grown from seeds or by using its roots
- **Growing time:** Celery is ready to harvest in 3 to 5 months



Dill

- **Vietnamese name:** Thì là
- **Flavor Profile:** Dill has a bright, refreshing flavor with citrusy notes, complemented by a subtle grassy undertone.
- **Growing Method:** Dill can be grown from seeds or by stem cuttings.
- **Growing time:** About 60 days to harvest.

About VivaVN

We provide comprehensive information about authentic Vietnamese products, beautiful landscapes, and local cuisine throughout the country. We deliver this information online, helping people explore Vietnam's rich culture and culinary heritage.





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