

# Welcome to Phnom Khiev



**A Bit of Everything:** Family grocery store with great prices and huge selections of staple and specialty vegetables, fruits, meats, dairy, and imported pantry goods especially for Latin, Japanese, Vietnamese, Cambodian, and Filipino foods.



## PHNOM KHIEV

9841 16th Ave SW  
Seattle, WA, 98106  
(206) 764-1889

OPEN:  
Daily: 8am – 8pm

Cash; Credit; Food Stamps/EBT

## Latin Grocery Meets Asian Market

“We have a little of everything,” says Jet Khiev, “especially for Mexican / Hispanic, Japanese, Vietnamese, Cambodian, and Filipino meals.” Jet (short for Vichet), his brother Cha, and the Khiev family own Phnom Khiev grocery. Jet’s grandmother Maly-Mao owned Maly Market in Tacoma for more than 20 years, and today she sells produce to neighbors in White Center.

The first thing patrons see when they enter Phnom Khiev is fresh produce. Fruits are up front: apples and longans, peaches and pineapples, dragonfruit and mangoes, cantaloupe and winter squash, hot habanero chilis and sweet green peppers, plus bananas big and small. Veggies are well-stocked: mushrooms, nopales, green garbanzo beans, lemon grass, galangal, bean sprouts, epazote, bok choy, choy sum, gai choy, cha om, and bac ha. Produce is available wholesale to local restaurants. Huge barrels of bulk dried chili peppers hug the end of the produce section, followed by refrigerators of dairy, eggs, tofu, cold treats, and beverages. In the meat department are favorite Latin cheeses like cotija rallado, crema, and salvadoreno.

“We have lots of different cuts of meat,” Jet says, “for example, this big beef roast.” Phnom Khiev sells chicken, pork, beef, goat, duck, baking hens, whole rabbits, whole frogs, spicy chorizo, and Chinese-style sausage. Fresh and frozen choices include shrimp, clams, octopus, muc ong, cat fish (and heads), broadhead, climbing perch, mud fish, bull head fish, snake head fish, goby, river barb, gourami, jelly fish, crabmeat, and krill. Phnom Khiev pantry aisles are a happy harmony of Asian and Latin imports. Among the staples are Latin spices like damiana, prodigiosa, culantro y achiote, and Mexican oregano. Asian teas offer equally aromatic pleasures such as oolong, jasmine, ginseng, bitter melon, and lotus.

How does Phnom Khiev keep the selection so broad? “It’s lots of work to manage a grocery,” explains Jet, “I work 13-14 hours every day.” He studied business accounting at the University of Washington, and now he learns on the job maintaining stock, equipment, and daily operations. What is Jet’s favorite thing about being a grocer? “I like talking to people,” he says with a wave to a familiar customer, “getting to know them, becoming friends.”

## GET TO KNOW YOUR GREENS

Don’t know one choy from the next? Here’s a quick look at some healthy green vegetables you can enjoy with breakfast, lunch, and dinner: pungent epazote is popular in Latin cooking for beans and savory dishes. Cilantro (Chinese parsley) is an aromatic green herb with flavorful seeds known as coriander. Bok choy, gai choy (Chinese mustard greens), and choy sum are crispy cabbages, perfect for wilting in soups and stir-fries. Yu choy and gai lan (Chinese broccoli) are also bitter cabbages, great for dipping, salads, or stir-fries. Feathery cha om is one of several types of edible acacia leaf often cooked with seafood stews or veggie omelets. Bac ha, also known as elephant ears, are the edible leaves of the taro plant (with an edible root that can be cooked like a potato). Learn to love more leafy greens with healthy choices available every day at Phnom Khiev.



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