

LAO

ນີ້ແມ່ນຜັກຄາຣດ. ແຕ່ງກິນຄ້າຍຄືຜັກຫີມ, ຝັກເປັນຕ່ອນນ້ອຍໆ, ຕົ້ມ, ໜຶ່ງ, ຂົ້ວແລ້ວຄົນ ຫຼື ຕົ້ມໃສ່ໃນແກງ ຫຼື ຊໍອສ.



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