PLANT FACT SHEET

Maianthemum oleraceum (Baker) LaFrankle

GENUS *Maianthemum* **FAMILY** Asparagaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves, Flowers

The young shoots and leaves are cooked in stir fries and eaten, or added to soups.

DESCRIPTION

A herb. It grows 45-80 cm tall. It has a rhizome that forms tubers. It is 1-2 cm thick. The stems are zigzag shaped. There are 4-9 leaves. These are oblong to sword shaped and 12-21 cm long by 2-6 cm wide. They are loosely hairy underneath. Flowers occur singly in panicle 5-10 cm across. They are white or deep purplish red.

HABITAT

It is a temperate plant. In Sikkim it grows between 2,500-3,500 m above sea level. In Sichuan and Yunnan.

PRODUCTION

Harvesting and Seed Production

In Yunnan in China leaves are harvested in May and June.

NOTES

Also put in the family Convallariaceae.

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