PLANT FACT SHEET

Liriope spicata (Thunberg) Loureiro

GENUS *Liriope* **FAMILY** Asparagaceae

COMMON NAMES Creeping Lily-turf, Black leek, Native winter wheat

EDIBLE PARTS AND USES

Edible parts: Root, Tuber

The tuber is eaten.

DESCRIPTION

A herb. The roots have fleshy tubers near the tip. It has creeping stolons or runners. These are slender. The leaves are narrow. They are 25-60 cm long by 4-8 mm wide. They have 5 veins. The base is surrounded by many sheaths. The flowering stalk is 6-15 cm long and has many flowers. They are in clusters of 3-5. The flowers are bluish. The seeds are almost round and 5 mm across.

HABITAT

It is a temperate plant. It grows in forests and grassy slopes in moist places from near sea level to 1800 m altitude in China. It suits hardiness zones 5-10. In Sichuan and Yunnan.

NOTES

There are 5 or 6 Liriope species. The tubers are also used in medicine. Chemical composition: Protein = 1.59%. Fat = 0.52%. Carbohydrate = 80.1%. Ash = 2.26%. Also put in the family Convallariaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0a7db34c-6121-4e04-8a21-b49af3a3af1e