PLANT FACT SHEET

Panax quinquefolius L.

GENUS *Panax* **FAMILY** Araliaceae

COMMON NAMES American ginseng, Xi yang shen

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves - tea

A tea is made from the leaves and roots.
The root is candied and chewed. The root is steamed for 4 hours over boiling water before drying and packing.

DESCRIPTION

A perennial herb. It grows up to 30 cm high. It spreads to 50 cm across. It has an aromatic branched rootstock. The leaves have short stalks. The leaves are divided into 3-7 leaflets that have teeth along the edge. The leaflets can be 15 cm long. The flowers are small and green-white. The fruit are red berries.

HABITAT

It is a temperate plant. It requires a deep moist humus rich soil. It should be in a shady position. It needs a well-drained slightly acid soil. It suits hardiness zone 3-9.

PRODUCTION

Cultivation

Seed should be sown as soon as ripe. Seed can be slow to germinate. Plants can be grown by dividing the clump.

NOTES

It is important as a medicinal herb and also added to soups. It has anticancer properties.

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