PLANT FACT SHEET

Hosta plantaginea (Lam.) Ascherson

GENUS *Hosta* **FAMILY** Asparagaceae

COMMON NAMES August lily, Fragrant Plantain-lily

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem, Root

The flowers are cooked as a delicacy. It needs to be parboiled to detoxify.
A small amount of the root is cooked with meat.
The leaves are used to make pastry.

DESCRIPTION

A perennial plant. It has rhizomes or underground stems which are about 1.5-2 cm thick. It grows 50-75 cm high and 60-90 cm wide. The leaves are heart-shaped and light green. The leaf stalk is 20-40 cm long. The leaf blade is oval and 14-25 cm long by 8-16 cm wide. There are 6-10 pairs of veins. The leaves are glossy and have conspicuous veins. They are held on upright leaf stalks. The flowers are pure white and have a sweet smell. The fruit is a capsule about 6 cm long by 1 cm wide. It is 3 angled.

HABITAT

It is a warm temperate plant. It is frost hardy. It grows in China in grassy slopes and rocky places from sea level to 2200 m altitude. It suits hardiness zones 8-10.

NOTES

There are 70 Hosta species. It is used in medicine. Also put in the family Hostaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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