PLANT FACT SHEET

Polygala japonica Houtt.

GENUS *Polygala* **FAMILY** Polygalaceae

COMMON NAMES Dwarf Milkwort

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The roots are boiled in several changes of water. The core is removed then the root boiled again in fresh water before eating.
The leaves are shoots are also eaten.

DESCRIPTION

A herb or small shrub. It keeps growing from year to year. It is 10-20 cm high and spreads 10-20 cm wide. It has a woody taproot. The stems can be erect or lie along the ground. The young growth has curly hairs. The leaves are 0.5-2.2 cm long by 0.3-0.8 cm wide. They are oval and dark green. The flowers are 0.6 cm across in groups 1-3 cm long. These are in the axils of leaves. They are mauve or purple. The capsule is about 0.4 cm across and round. It has wings.

HABITAT

It is a temperate plant. It requires good drainage. It can tolerate some frost. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings of firm young growth.

NOTES

There are about 600 Polygala species.

REFERENCES

Elliot, W.R., & Jones, D.L., 1997, Encyclopedia of Australian Plants suitable for cultivation. Vol 7. Lothian. p 412

Handl. pl.-kruidk. 10:89, t. 62, fig. 1. 1779

Hwang, H., et al, 2013, A Study on the Flora of 15 Islands in the Western Sea of Jeollanamdo Province, Korea. Journal of Asia-Pacific Biodiversity Vol. 6, No. 2 281-310

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

READ,

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/156ebb30-b591-4769-af5c-cceff2b4ba16