PLANT FACT SHEET

Polygonatum verticillatum (L.) All.

GENUS *Polygonatum* **FAMILY** Asparagaceae

COMMON NAMES Whorled Solomon's seal

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Rhizome, Fruit

The tender leaves and shoots are cooked as a vegetable. They are also used for soup.
The ripe fruits are eaten.
The rhizomes are considered strengthening food. They are eaten raw.

DESCRIPTION

A herb. It grows to 1 m high. It has a rhizome or underground stem. This is 0.7-1.5 cm thick. The stem is angled and grooved. The leaves do not have stalks. They occur as 3-8 in rings. The leaf blade is 6-10 cm long by 0.5-3 cm wide. They are narrow and sword shaped. There are hairs along the edge. The edges are slightly rolled in. They taper to the tip. The flowers are white. They occur as two together on stalks in the axils of leaves. The flowers hang down. The fruit are berries. They are red and 6-9 mm across. There are 6-12 seeds.

HABITAT

It is a temperate plant. In Nepal they grow between 2000-4000 m altitude.

PRODUCTION

Cultivation

Plants are grown from seed or by root tubers.

NOTES

There are about 50 Polygonatum species.
Also put in the family Convallariaceae.

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