PLANT FACT SHEET

Codonopsis pilosula subsp. tangshen (Oliver) D. Y. Hong

GENUS *Codonopsis* **FAMILY** Campanulaceae

COMMON NAMES Sichuan tangshen

EDIBLE PARTS AND USES

Edible parts: Roots

The dried root is used to make a soup.

DESCRIPTION

A climber. It keeps growing from year to year. The roots are fleshy and cylinder shaped. They are 15-30 cm long by 1-2 cm wide. They are smooth and greyish-yellow. There are a few lines on the upper end. The annual shoots emerge from the rough short stem. They are 1-3 m long and have side branches 15-50 cm long. The flowers occur singly and are pale green or yellow. The fruit are flattened capsules 2-3 cm across. There are several seeds.

HABITAT

It is a temperate plant. It grows in the mountains of Sichuan in China.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 715 (As Codonopsis tangshen)

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 26

Wang, J. et al, 2013, A Study on the Utilization of Wild Plants for Food in Liangshan Yi Autonomous Prefecture. Plant Diversity and Resources. 35(4): 416-471 (As Codonopsis tangshen)

Wang, J., et al, 2020, An ethnobotanical survey of wild edible plants used by the Yi people of Liangshan Prefecture, Sichuan Province, China. Journal of Ethnobiology and Ethnomedicine 16:10 p 6

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/1d7bf7fa-2116-4952-962c-f1087b22593a