PLANT FACT SHEET

Adenophora nikoensis Franch. & Sav.

GENUS *Adenophora* **FAMILY** Campanulaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The roots are cooked by boiling in lots of water then eaten.
The leaves and young shoots are cooked and eaten.

DESCRIPTION

A perennial plant 30 cm high.

HABITAT

It grows best in a light rich slightly alkaline soil. It needs a sunny position. It does not like having its roots disturbed.

PRODUCTION

Cultivation

Plants can be grown from seed. Seeds germinate in 1-3 months at 10°C. They can be transplanted or sown direct. Plants can also be grown from cuttings.

NOTES

There are about 40 Adenophora species. They are temperate plants.

REFERENCES

Enum. pl. Jap. 2:423. 1878

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

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/202ccc04-8696-40bd-9a11-8f54b540e3c4