PLANT FACT SHEET

Polygonatum humile Fisch.

GENUS *Polygonatum* **FAMILY** Asparagaceae

COMMON NAMES Xiao yu zhu

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The rhizome is eaten raw in salads or pickled. They are also cooked by frying, or adding to soups after blanching.
The sprouts are eaten raw in salads or pickled. They are also cooked by frying or being added to soups after blanching.

DESCRIPTION

A herb. It grows 15 cm tall. It has rhizomes or underground stems. They are 3-5 mm thick. The stem is erect. There are 7-9 leaves which are alternate. The leaf stalk is very short. The leaf blade is oval or oblong and 5.5-8.5 cm long by 1.5-4 cm wide. It tapers to the tip. The flowering stalk usually has one flower. The flowers hang down. The fruit are berries which are blue-black. They are about 1 cm across with 5-6 seeds.

HABITAT

It is a temperate plant. It grows in forests and on grassy slopes between 800-2200 m altitude in N China.

NOTES

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

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