PLANT FACT SHEET

Paeonia lactiflora Pallas

GENUS *Paeonia* **FAMILY** Paeoniaceae

COMMON NAMES Chinese peony

EDIBLE PARTS AND USES

Edible parts: Root, Seeds, Stem, Fruit peel - drink, Flowers, Flowers - tea

The root is cooked and eaten in soup. The bark is rubbed off and it is dried.
The seeds are powdered and mixed with tea.
The dried fruit peel is used for a tea drink.
It is used for an edible red colouring.
The flowers are dried and used for tea drinks.

DESCRIPTION

A perennial plant up to 75 m high. It spread to 50 cm across. The stems are erect. The leaves have lobes and are pointed. The flowers are large and pink or white. They have a scent. The flowers are 10 cm across. There are 2 or more per stem. There are now many cultivated varieties.

HABITAT

It is a temperate plant. It requires a deep rich neutral of alkaline soil. The soil should not be waterlogged nor too dry. It can stand medium frosts. It needs shelter from winds. It can tolerate winter temperatures down to -30°C. It suits hardiness zones 6-9. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed and fresh seed should be used, as stored seed takes a long time to germinate.
Plants do not like root disturbance. Transplanting or division of the root should be done very carefully.

Harvesting and Seed Production

Plants take 4-5 years to flower from seed. Plants can live for 50 years.

NOTES

It is used as a medicine. It has anticancer properties. There are about 30 Paeonia species.
The flowers have anti-oxidant properties.

PICTURES



Credit: Food Plants International (Bruce French)

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