PLANT FACT SHEET

Maianthemum purpureum (Wall.) LaFrankie

GENUS *Maianthemum* **FAMILY** Asparagaceae

COMMON NAMES False Solomon's seal, Himalayan mayflower

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots

The tender leaves and shoots are cooked and eaten as a vegetable. They are used in stir fries and added to soups.

DESCRIPTION

A herb which keeps growing from year to year. It is about 60 cm high. The rootstock is stout and creeping. The rhizomes or underground stems and undivided. They are 1-1.5 cm thick. The leaves do not have leaf stalks. They are 5-12 cm long. The leaves are broadly oval and taper to the tip. They have hairs along the edge. They are hairy underneath. The flowers are deep brown. Sometimes they are white tinged with purple. They occur as many flowers along stalks at the ends of branches. The fruit is a berry. It is red at maturity and 6-7 mm across. There are 1-4 seeds.

HABITAT

It is a temperate plant. It grows in forests and thickets between 3,200-4,000 m above sea level in SW China. In Nepal they grow between 2600-4200 m altitude. They grow in dense forests. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed or root offshoots.

NOTES

There are 35 Maianthemum species.
Also put in the families Malvaceae, Convallariaceae and Liliaceae.

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