PLANT FACT SHEET

Sanicula rubriflora F. Schmidt

GENUS *Sanicula* **FAMILY** Apiaceae

COMMON NAMES Purple-flowered sanicle

EDIBLE PARTS AND USES

Edible parts: Leaves

The young plants gathered before flowering are dipped in hot water, washed, seasoned and used as a vegetable.
They are also pickled with salt for later use.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 20-50 cm high. The rootstocks are oblique. There is one bud at the end and this produces 5-6 leaves and a flowering stem. The leaves are at the base. The outer leaves are smaller and on leaf stalks 4-7 cm long. The inner 3-4 are much larger and on longer leaf stalks. The leaves are divided into finger like segments. They have lobes and teeth. The flowers are purple-red.

HABITAT

It is a cold temperate plant. It grows in rich forest soils and wet meadows. In north China it grows in shady wet places between 200-500 m above sea level.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 605

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/342cc05b-8e9c-4b19-bf93-b97d303e6aa6