PLANT FACT SHEET

Aralia cordata Thunb.

GENUS *Aralia* **FAMILY** Araliaceae

COMMON NAMES Japanese asparagus

EDIBLE PARTS AND USES

Edible parts: Leaves, Stalks, Vegetable, Shoots, Root

The shoots are briefly boiled then added to salads or cooked more and used in other dishes.
The roots are eaten like parsnips.

DESCRIPTION

A stout herb. It grows 2.4 m high and spreads 2.4 m wide. The leaves are large and compound. The leaflets are round and 1 cm long. They have fine teeth. Each year it produces edible shoots from its roots. The flowers are in large panicles. The fruit are black. They are 3 mm across.

HABITAT

It is a warm temperate plant. It suits hardiness zones 8-10.

PRODUCTION

Cultivation

Plants can be grown from seed or by division. The young shoots are kept covered with soil to blanch them.

NOTES

There are about 40-55 Aralia species. Chemical composition - Protein = 1.1%. Fat = 0.42%. Carbohydrate (soluble) = 0.8%. Ash = 0.55%.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 36

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 37

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 126

Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 22 www.hindawi.com/journals/ijfr/aip/872413.pdf

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 170

Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 97

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 25

Flora of China. www.eFloras.org

Fl. jap. 127. 1784

Food Composition Tables for use in East Asia FAO http://www.fao.org/infoods/directory No. 783

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 66

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 31

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 585

Jackes, D. A., Edible Forest Gardens

Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152

Kermath, B. M., et al, 2018, Food Plants in the Americas: A Survey of the Domesticated, Cultivated and Wild Plants Used for Human Food in North, Central and South America and the Caribbean. p 104

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p1874

Kuhnlein, H. V., et al, 2009, Indigenous Peoples' food systems. FAO Rome p 148

Larkcom, J., 1991, Oriental Vegetables, John Murray, London, p 129

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 11

Macmillan, H.F. (Revised Barlow, H.S., et al), 1991, Tropical Planting and Gardening. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 371

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 176

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

READ

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 25

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 30

USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000)

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 63

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 32

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/36611110-99c8-4352-b822-79ee1e27d35e