PLANT FACT SHEET

Staphylea bumalda DC.

GENUS *Staphylea* **FAMILY** Staphyleaceae

COMMON NAMES Bladder Nut, Japanese bladdernut

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds - oil, Flowers, Shoots

The leaves are boiled then eaten with oil and salt.
The oil extracted from the seeds in used for cooking.

DESCRIPTION

A shrub or small tree. It grows 2-10 m high and spreads 1.8 m wide. It loses its leaves during the year. The leaves have 3 leaflets. These are lance shaped. There are sharp teeth along the edge. There is down underneath the leaf on the veins. The flowers are white and in panicles. The fruit are pods 25 mm long. They have 2 lobes.

HABITAT

It is a temperate plant. It grows in open forests and along roadsides. It suits hardiness zones 4-9. In Sichuan.

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