PLANT FACT SHEET

Artemisia vulgaris L.

GENUS *Artemisia* **FAMILY** Asteraceae

COMMON NAMES Mugwort, Artemisia shoot, Slender artemisia

EDIBLE PARTS AND USES

Edible parts: Plant, Herb, Spice, Leaves, Flowers

It is used as a seasoning for roast meat, especially fatty poultry. It is also used to flavour soups.
Mugwort was used to flavour beer before hops were introduced.
The leaves are boiled and eaten as a potherb. They are also used to give flavour and colour to rice cakes.
The dried leaves and tops are used to flavour beer or steeped into tea.
The roots are cooked and eaten.
The tender leafless shoots are gathered as they emerge and eaten as a delicacy.

DESCRIPTION

A shrub which continues to grow year after year. It grows to a height of 1.2 m and spreads to 1.5 m across. The underground root like structure is branched and has a nodular appearance. There are many stems. They are angular with grooves. The stems are red. The leaves are green. The lower leaves have short leaf stalks and teeth like sections. They are downy underneath the leaf. The upper leaves do not have leaf stalks but clasp the stem. The flowers can be greenish yellow or reddish brown. They occur in small oval heads.

HABITAT

A temperate plant. It will grow on most soils. It will grow in poor soils. It will resist drought and frost. It grows on roadsides, slopes, canyons, forest margins, forest steppe, sub-alpine steppe between 100-3800 m altitude in China. It grows along the banks of streams. It suits hardiness zones 3-10.

PRODUCTION

Cultivation

It is grown from seed or cuttings.

Harvesting and Seed Production

The tips of the young plants are harvested before the flower buds open. (It becomes bitter after this.) Leaves can be dried.

NOTES

There are about 300 Artemisia species.

PICTURES



Credit: Food Plants International (Bruce French)



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