PLANT FACT SHEET

Artemisia japonica Thunb.

GENUS *Artemisia* **FAMILY** Asteraceae

COMMON NAMES Japanese wormwood

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

Young leaves are roasted and eaten with soy sauce.
They are boiled, fried or stir-fried and used as a potherb or added to soups.
They are also used for colouring and flavouring.

DESCRIPTION

A herb. It grows 50-90 cm high. It keeps growing from year to year. It has a woody rootstock 2-3 cm thick. The leaves are clustered at the top. The leaves are spoon shaped and 4-8 cm long by 1-3 cm wide. There are lobes along the stalk and teeth along the edge.

HABITAT

It is a tropical and subtropical plant. In Pakistan it grows in mixed gravely sands between 500-1,200 m above sea level. In China it grows from low elevations to 3,300 m above sea level. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It is grown from seed.

NOTES

There are about 300 Artemisia species. It is used as a medicine in Nepal.

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