PLANT FACT SHEET

# *Eleutherococcus trifoliatus* (L.) S. Y. Hu

**GENUS** *Eleutherococcus* **FAMILY** Araliaceae

**COMMON NAMES** Pak-pam

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Vegetable, Roots, Leaves - tea

The young shoots are eaten as a side dish or cooked in curry. They are also used in stir fried dishes.
The roots are cooked and eaten.
The leaves are used as a vegetable.

## DESCRIPTION

A shrub that lies over. It can be 2-4 m tall. There are a few prickles on the branches. The leaves are compound. The leaflets spread out like fingers on a hand. There are 3 leaflets that are broadly oval and 4-10 cm long by 3-6 cm wide. There are fine teeth along the edge. The fruit are flattened and round and 5 mm across. They are black when ripe.

## HABITAT

It is a tropical plant. In Thailand it grows between 1,100-1,400 m above sea level. In Sichuan and Yunnan.

## PICTURES



Credit: Food Plants International (Bruce French)

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