PLANT FACT SHEET

Angelica dahurica (Fisch.) Benth. & Hook.f. ex Franch. & Sav.

GENUS *Angelica* **FAMILY** Apiaceae

COMMON NAMES Bai Zhi

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are boiled or stir-fried.

DESCRIPTION

A herb. It keeps growing from year to year. It can grow 1-2.5 m tall. The root is cylinder shaped, brown, 3-5 cm thick and has a strong smell. The stem is purplish-green. It is 2-5 cm thick and has ribs. The lower leaves have long leafstalks. The leaves are oval or triangle shaped and 30-50 cm long by 25-40 cm wide. They are divided into leaflets that are 4-10 cm long by 1-4 cm wide.

HABITAT

A cool temperate plant. In north China it grows in grasslands, along streams and near the edges of forests between 500-1,000 m above sea level.

NOTES

There are 50 Angelica species. They are temperate plants.

REFERENCES

Cheng, Z., et al, 2022, Ethnobotanical study on wild edible plants used by Dulong people in northwestern Yunnan, China. Journal of Ethnobiology and Ethnomedicine (2022) 18:3

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4daf6e9b-9e28-4a5e-bd1a-10f5cd018247