PLANT FACT SHEET

Aralia racemosa L.

GENUS *Aralia* **FAMILY** Araliaceae

COMMON NAMES American spikenard

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Root, Flavouring

The roots are used as an ingredient in root beer. It gives a licorice flavour.
The berries are made into jelly.
The young leaves are eaten boiled and added to soups.

DESCRIPTION

A shrub that keeps growing from year to year. It grows 1-2.2 m high and spreads 60 cm to 2 m wide. The roots have an aroma. The leaves are compound and 75 cm long. The flowers are small and green-white. They are in flattened heads. The fruit are purple-brown.

HABITAT

It is a temperate plant. It suits hardiness zones 5-9.

NOTES

There are about 40-55 Aralia species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/54f36b61-1981-479f-b80c-f679d3c97b30