PLANT FACT SHEET

Maianthemum henryi (Baker) LaFrankle

GENUS *Maianthemum* **FAMILY** Asparagaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves

The leaves are boiled or stir-fried.

DESCRIPTION

A herb. It grows 50-80 cm tall. It has a rhizome 1-2 cm thick. There are 5-8 leaves. They are oval and 9-23 cm long by 4-11 cm wide. Flowers occur singly but with several along a stalk. They are yellowish green to white and funnel shaped.

HABITAT

It is a subtropical plant. It grows in forests and thickets and moist places along streams between 1,300-4,000 m above sea level. It grows in Sichuan and Yunnan in China.

PRODUCTION

Harvesting and Seed Production

In Yunnan leaves are harvested in May and June.

NOTES

Also put in the family Convallariaceae.

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