PLANT FACT SHEET

Astilboides tabularis (Hemsley) Engler

GENUS *Astilboides* **FAMILY** Saxifragaceae

COMMON NAMES Thick neck, Hillside lotus leaf

EDIBLE PARTS AND USES

Edible parts: Shoots, leaves

The young shoots and leaf stalks are used as an asparagus.

DESCRIPTION

A herb that keeps growing from year to year. It grows 1-1.5 m high. It has stout brown rhizomes or underground stems. These are 35 cm long and 2-3 cm thick. The aerial parts have stiff hairs. There is one leaf near the root and a smaller one of the stem. The flower is at the top. The leaves are round and the leaf stalk joins near the centre. The leaves are 18-40 cm across. The leaf on the stem is smaller. The flowers are small and white. They are in groups at the top of the stalk. The seeds are winged and 2 mm long.

HABITAT

It grows in northern China and Korea. It grows in deciduous forests.

NOTES

There is only one Astilboides species.

REFERENCES

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Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 424

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6c0baaef-4645-4bd2-924b-1aee489298c4