PLANT FACT SHEET

Adenophora triphylla (Thunb.) A.DC.

GENUS *Adenophora* **FAMILY** Campanulaceae

COMMON NAMES Ne Sha shen

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots

The leaves and roots are eaten cooked.

DESCRIPTION

A perennial to 1 m high. It has carrot like roots 7-16 cm long by 1.5-1.8 cm wide.

HABITAT

It grows best in a light rich slightly alkaline soil. It needs a sunny position. Plants can tolerate frosts to -20°C.

PRODUCTION

Cultivation

Plants can be grown from seed. Seeds germinate in 1-3 months at 10°C. They can be transplanted or sown direct. Plants can also be grown from cuttings.

NOTES

There are about 40 Adenophora species. They are temperate plants.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6c8889f2-4336-4aae-9e33-a53db1f671c2