PLANT FACT SHEET

Panax ginseng C. A. Mey.

GENUS *Panax* **FAMILY** Araliaceae

COMMON NAMES Ginseng, Chinese ginseng

EDIBLE PARTS AND USES

Edible parts: Roots, Roots - tea

A tea is made from the ground dried root.
The sliced young root is also eaten raw or fried or candied. It can be used in stuffings, soft drinks and soups.

DESCRIPTION

A perennial herb. It grows up to 80 cm high. It spreads to about 70 cm across. It has a carrot shaped root. These can have branches. The stems are upright with rings of 2-5 leaves. These have long stalks. The leaves are compound. They have 5 oval leaflets. These have teeth along the edge. The flowers are small and greenish-white. The fruit is red and like a berry.

HABITAT

It is a temperate plant. It is native to northern China. It grows naturally in mountain forest. It requires a moist humus rich soil. It is hardy to frost. It suits hardiness zones 4-8.

PRODUCTION

Cultivation

It can be sown from seed. Seed can be erratic to germinate. Plants can also be grown by division of plants.

NOTES

There are 3-6 Panax species. Some people divide the species into several. It has medicinal uses. It has anticancer properties.

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