PLANT FACT SHEET

Asyneuma japonicum (Miquel) Briquet

GENUS *Asyneuma* **FAMILY** Campanulaceae

COMMON NAMES Horned rampion

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The roots are eaten raw or cooked.
The young leaves are cooked and eaten. They are also eaten in salads.

DESCRIPTION

A herb that keeps growing from year to year. It grows 50 cm - 1 m tall. It has underground stems or rhizomes. The roots are fleshy and 20 cm long by 1.5 cm thick. The leaves are narrowly oval. They are 5-12 cm long. There are irregular teeth along the edge. The flowers are blue to purple.

HABITAT

It is a temperate plant. It grows in the mountains.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

There are about 30-40 Phyteuma species.

REFERENCES

Flora of China

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/ (As Phyteuma japonicum)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6dd0bd7f-0511-42c7-bc30-94792f99491b