PLANT FACT SHEET

Codonopsis javanica (Blume) Hook. f. & Thomson

GENUS *Codonopsis* **FAMILY** Campanulaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Root, Leaves

The fruit are eaten raw.
The dried root is used to prepare soup with spare ribs, Astragalus roots, sliced Chinese yam, dried jujube and Lycium berries.
The leaves and stems are used as a potherb.

DESCRIPTION

A twining herb. It grows 2 m high. It keeps growing from year to year. The roots are thickened. The stems are twining and branched. The leaves are opposite. They are heart shaped and 3-8 cm long by 2-8 cm wide. There are teeth along the edge. The flowers are in the axils of leaves. They are white or yellow-green. The fruit is a red round berry.

HABITAT

It is a tropical plant. It grows along the edges of forests. It grows between 900-2,200 m altitude. In Yunnan, China it grows between 700-1500 m altitude. In Sichuan.

NOTES

There are about 30-40 Codonopsis species.

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