PLANT FACT SHEET

Platycodon grandiflorus (Jacquin) A. DC.

GENUS *Platycodon* **FAMILY** Campanulaceae

COMMON NAMES Balloon flower, Chinese bell flower

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Vegetable, Flowers

Only the leaves from the top are eaten. The young shoots in spring are used as a potherb.
CAUTION: The root leaves are considered slightly toxic.
The root is cut into strips, seasoned with chilis, vinegar, sesame oil, and soy sauce and eaten with salads. It is also used in soups.
The flowers are eaten in salads.

DESCRIPTION

A perennial plant. It grows 45-60 cm high and 30-45 cm wide. It has fleshy roots. The leaves are blue-green. They are sword shaped and have teeth along the edge. The buds are balloon shaped. The flowers are spreading and bell-shaped. They can be 5 cm across. They are blue or violet.

HABITAT

It suits a temperate seasonal climate. It is frost hardy. It needs humus-rich, well-drained soil. It suits hardiness zones 4-9. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

It is slow to establish. It is long lived and hardy.

NOTES

There is only one Platycodon species. Chemical composition (Chinese sample) (leaves): protein = 3.5%; fat = 0.28%; carbohydrate = 10.9%; ash = 1.02%. It has anticancer properties.

PICTURES



Credit: Food Plants International (Bruce French)

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