PLANT FACT SHEET

# *Polygonatum macropodum* Turcz.

**GENUS** *Polygonatum* **FAMILY** Asparagaceae

**COMMON NAMES** Re he huang jing, Imaan orhodai

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Root, Rhizomes

The rhizomes are cleaned, parboiled, drained and partially dried and rubbed between the hands. It is the sliced and cooked with other foods.

## DESCRIPTION

A herb. It has rhizomes of underground stems. They are 1-2 cm thick. The stem is erect and 30-100 cm high. The leaves are alternate. The leaf stalk is very short. The leaf blade is oval and 4-8 cm long by 2-5 cm wide. The flowering stalk has 5-12 flowers. The flowers hang over. They are white or reddish. The fruit is a berry. It is deep blue and 7-11 mm across. There are 7 or 8 seeds.

## HABITAT

A temperate plant. It grows in forests and on shaded slopes between 400-1500 m altitude in N China.

## NOTES

There are about 50 Polygonatum species.
Also put in the family Convallariaceae.

## REFERENCES


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