PLANT FACT SHEET

Artemisia capillaris Thunb.

GENUS *Artemisia* **FAMILY** Asteraceae

COMMON NAMES Fragrant wormwood

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are used in rice cakes and soups. They are soaked and boiled.

DESCRIPTION

A small shrub. It grows 30-80 cm tall. It has many branches. The stems are purple. The leaves are finely divided and bright green. They are silky and have a strong aroma. The flowers are purple-brown.

HABITAT

A temperate plant. It grows well in moist soils and can tolerate salty conditions. In Pakistan it grows between 300-1,000 m above sea level. It grows in wetlands. It grows in Sichuan and Yunnan.

NOTES

There are about 300 Artemisia species. It is used in medicine for fevers.

REFERENCES

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 247

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 132

Flora of Pakistan.

Hwang, H., et al, 2013, A Study on the Flora of 15 Islands in the Western Sea of Jeollanamdo Province, Korea. Journal of Asia-Pacific Biodiversity Vol. 6, No. 2 281-310

Hwang, HS, et al, 2014, Distribution characteristics of plant in the Ungseokbong Mountain, Gyeongsangnam-do, Korea. Journal of Asia-Pacific Biodiversity. 7(2014) e164-e178

Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26

Kim, H. & Song, M., 2013, Ethnobotanical analysis for traditional knowledge of wild edible plants in North Jeolla Province (Korea). Genetic. Resour. Crop Evol. (2013) 60:1571-1585

Niwano, Y. et al., 2009, Extensive Screening for Plant Foodstuffs in Okinawa, Japan with Anti-Obese Activity on Adipocytes, in vitro. Plant Foods in Human Nutrition 64:6-10

Nova Acta Regiae Soc. Sci. Upsal. 3:206. 1780

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

Trendafilova, A., et al, 2020, Research Advances on Health Effects of Edible Artemisia Species and Some Sesquiterpene Lactones Constituents. Foods 2021, 10, 65. p 4

Urgamal, M., Oyuntsetseg, B., Nyambayar, D. & Dulamsuren, Ch. 2014. Conspectus of the vascular plants of Mongolia. (Editors: Sanchir, Ch. & Jamsran, Ts.). Ulaanbaatar, Mongolia. "Admon" Press. 334pp. (p. 199-230).

Wang, J. et al, 2013, A Study on the Utilization of Wild Plants for Food in Liangshan Yi Autonomous Prefecture. Plant Diversity and Resources. 35(4): 416-471

Wang, J., et al, 2020, An ethnobotanical survey of wild edible plants used by the Yi people of Liangshan Prefecture, Sichuan Province, China. Journal of Ethnobiology and Ethnomedicine 16:10 p 7

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 34

Zhang, Y., et al, 2014, Diversity of wetland plants used traditionally in China: a literature review. Journal of Ethnobiology and Ethnomedicine. 10:72

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/85ad64f7-bfdc-435f-a008-8586bf7e7d3b