PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Aconitum stapfianum Hand.-Mazz.

GENUS *Aconitum* **FAMILY** Ranunculaceae

EDIBLE PARTS AND USES

Edible parts: Root

It is highly poisonous because of aconitine. It must be carefully prepared. It must be stewed in boiling water. It is cooked with pork. NBCold water must not be added.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Zhang, L., et al, 2016, Ethnobotanical study of traditional edible plants used by the Naxi people during droughts. Journal of Ethnobiology and Ethnomedicine. 12:39

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/868d93d7-8ad3-45f7-a240-1858c19eb151