PLANT FACT SHEET

Adenophora stricta Miquel

GENUS *Adenophora* **FAMILY** Campanulaceae

COMMON NAMES Sha shen

EDIBLE PARTS AND USES

Edible parts: Root, Leaves

The root is eaten cooked after boiling in two changes of water. It is cooked with meat.
The leaves are eaten cooked or raw.

DESCRIPTION

A herb that keeps growing from year to year. It grows 80 cm tall. The leaves are oval and 3-11 cm long by 2-5 cm wide. The flowers are blue or purple.

HABITAT

It is a temperate plant. It grows in eastern China. It grows best in a light rich slightly alkaline soil. It needs a sunny position. It does not like having its roots disturbed. It grows below 3,300 m above sea level. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed. Seeds germinate in 1-3 months at 10°C. They can be transplanted or sown direct. Plants can also be grown from cuttings.

NOTES

There are about 40 Adenophora species. They are temperate plants. It is used in medicine.

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