PLANT FACT SHEET

Artemisia princeps Pampan.

GENUS *Artemisia* **FAMILY** Asteraceae

COMMON NAMES Mugwort, Japanese mugwort

EDIBLE PARTS AND USES

Edible parts: Leaves, Seedlings

The leaves and young seedlings are eaten in salads and soups. The bitterness is first removed. They slightly boiled leaves are pounded and add flavour, colour and aroma to rice.
They are used for tea and for fermentation.

DESCRIPTION

A herb or small shrub. It grows 80-150 cm tall. The leaves have short leaf stalks. The leaves have a covering underneath. The leaves in the middle of the stem are oval and 6-12 cm long by 4-8 cm wide and are divided into 2 pairs of segments alogn the stalk.

HABITAT

It is a temperate plant. It grows on slopes and the edges of forests between 100-1,400 m above sea level. In Sichuan and Yunnan.

NOTES

There are about 300 Artemisia species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/88f31e34-c0c0-402d-82bd-a0c9f51ae82c