PLANT FACT SHEET

Aralia continentalis Kitag.

GENUS *Aralia* **FAMILY** Araliaceae

COMMON NAMES Manchurian spikenard

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Stem

The sprout is used to season cooked vegetables.
The stems are fermented in salt or soy sauce.

DESCRIPTION

A shrub. It grows 2 m tall. The leaves are large and compound. They are rich glossy green. The flowers are small and in showy balls. These develop black fruit.

HABITAT

A cool temperate plant. It suits sun of light shade. It is best in rich soil. It grows in forests and grasslands between 800-3,200 m above sea level in north China. In Sichuan.

NOTES

There are about 40-55 Aralia species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/89e21e7f-e1b8-427b-8d11-74568655dc43