PLANT FACT SHEET

Codonopsis ovata Benth.

GENUS *Codonopsis* **FAMILY** Campanulaceae

COMMON NAMES Luduti

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are used for an edible flour. They are eaten raw or cooked.

DESCRIPTION

A herb that keeps growing from year to year. It has a fleshy root. It grows 20 cm high and spreads 25 cm wide. The stem is scaly. The branching shoots bear small leaves. The leaves are hairy. The flowers are nodding. The flowers are blue with purple veins. They are bell shaped.

HABITAT

It is a temperate plant. It grows in grassy spots with sandy or stony soils. It grows between 3000-4300 m altitudes. It is best in light to medium well-drained soils. It needs an open sunny position. It is resistant to frost and damaged by drought.

PRODUCTION

Cultivation

Plants can be grown by seeds.

NOTES

There are about 30 Codonopsis species.

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