PLANT FACT SHEET

Panax trifolius L.

GENUS *Panax* **FAMILY** Araliaceae

COMMON NAMES Dwarf Ginseng, Ground nut, North American dwarf ginseng

EDIBLE PARTS AND USES

Edible parts: Root, Tubers

The root is boiled in salty water then eaten. It tastes like nuts. They are also eaten raw.

DESCRIPTION

A perennial herb that grows 20 cm high. The leaves are in rings of three. They are 8 cm long. Each leaf is divided into 3-5 leaflets. These have coarse teeth. Plants have both sexes but individual flowers can be only male. The flowers are white.

HABITAT

It is a temperate plant. It grows in woods and damp places. It suits hardiness zone 4.

PRODUCTION

Cultivation

Plants can be grown from seed or by division of the clump.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8c87b825-b2c9-4584-a60f-e8fa12ab4bc8