PLANT FACT SHEET

Polygonatum officinale (Allen) Moench.

GENUS *Polygonatum* **FAMILY** Asparagaceae

COMMON NAMES Drug Solomonseal, Hopiqdyuqdyuq

EDIBLE PARTS AND USES

Edible parts: Leaves, Rhizomes, Roots

The leaves and rhizomes are milled and eaten. The roots can be boiled or fried.
CAUTION: The rhizome may be toxic.
The fruit are eaten fresh or dried. (They should not be eaten in large amounts)
The young shoots can be boiled fro s short time and eaten like asparagus shoots.
The flowers can be steamed or eaten with salads.

DESCRIPTION

An evergreen herb. It grows 20-50 cm high. The roots are yellow. They grow horizontally and have many branches. The stem is red. The leaves are red at the edges. They are 4-6 cm long by 1.5-2 cm wide. They have 3 easy to see veins. The upper surface is green and underneath is pale green. The flowers occur singly or in pairs. They are whitish-green. The fruit are round and dark blue in colour.

HABITAT

It is a temperate plant. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown by seeds or cuttings.

NOTES

There are about 50 Polygonatum species. It is used in medicine. Chemical composition: contains fructose, glucose and arabinose.
Also put in the family Convallariaceae.

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