PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Aconitum carmichaeli Debeaux

GENUS *Aconitum* **FAMILY** Ranunculaceae

COMMON NAMES Sichuan aconite

EDIBLE PARTS AND USES

Edible parts: Tubers, Roots

The tubers are processed then used in chicken broth.
Caution: The tubers contain an alkaloid called aconitine that has to be removed by processing.

DESCRIPTION

An erect herb. It keeps growing from year to year. The stems are up to 1.5 m high at flowering time. There is a tuber under the ground and each year leaves grow from buds on this. The leaves have lobes like fingers on a hand. They are 6-11 cm long by 9-15 cm wide. The flowers are purplish-blue.

HABITAT

It is a subtropical plant. It grows on the edges of forests and mountain slopes between 100-2,200 m above sea level. In Sichuan and Yunnan.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 389

Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 3

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8da870cf-923d-47f2-988e-dc486c12a9cf