PLANT FACT SHEET

Maianthemum forrestii (W. W. Smith) LaFrankle

GENUS *Maianthemum* **FAMILY** Asparagaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves

The young shoots and leaves are cooked and eaten in stir fries or added to soups.

DESCRIPTION

A herb. It grows 50-80 cm tall. The stems are smooth. There are 6-9 leaves. They are narrowly oval and 11-17 cm long by 3-8 cm wide. The base is heart shaped and clasps the stem. There are many flowers in a group but the flowers occur individually. They are green-yellow but with a purple tinge.

HABITAT

It is a temperate plant. It grows in forests between 2,800-3,200 m above sea level. It grows in Yunnan in China.

PRODUCTION

Harvesting and Seed Production

In Yunnan leaves are harvested in May and June.

NOTES

Also put in the family Convallariaceae.

REFERENCES

Ju, Y., et al, 2013, Eating from the wild: diversity of wild edible plants used by Tibetans in Shangri-la region, Yunnan, China, Journal of Ethnobiology and Ethno medicine 9:28

Zhang, L., et al, 2016, Ethnobotanical study of traditional edible plants used by the Naxi people during droughts. Journal of Ethnobiology and Ethnomedicine. 12:39

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