PLANT FACT SHEET

Gentiana lutea Linn.

GENUS *Gentiana* **FAMILY** Gentianaceae

COMMON NAMES Bitterwort, Gentian, Yellow gentian

EDIBLE PARTS AND USES

Edible parts: Rhizome - spice, Roots

The roots are used to make bitter liqueur. They are used as an aromatic flavour in alcoholic drinks. Caution: Alcohol is a cause of cancer.
It is also used to flavour pork, poultry and rice dishes.

DESCRIPTION

A herb which keeps growing from year to year. It forms clumps. It has fleshy roots. The stems are stout and hollow. It grows 1.5 m tall. The leaves are broadly oval and pleated. They are 30 cm long. The flowers are star shaped and in rings in clusters. They are yellow.

HABITAT

It is a temperate plant. It grows naturally in mountain locations that are sunny but not too hot. It needs moist conditions and a deep, humus-rich soil. It can tolerate frost.

PRODUCTION

Cultivation

Plants are grown from seed. They do not transplant easily so should be sown where they are to grow.

Harvesting and Seed Production

It is slow growing.

NOTES

There are about 400 Gentiana species. It is used in herbal medicine.

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