PLANT FACT SHEET

Aralia echinocaulis Hand.-Mazz.

GENUS *Aralia* **FAMILY** Araliaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten.

DESCRIPTION

A shrub or small tree. It can grow 10 m tall. The branches have prickles.

HABITAT

It is a subtropical plant. It grows between 200-1,600 m above sea level.

PRODUCTION

Cultivation

It can be grown from seed.

REFERENCES

Fang, Q., et al, 2024, Wild edible plants of the Yao people in Jianghua, China: plant‐associated traditional knowledge and practice vital for food security and ecosystem service. Journal of Ethnobiology and Ethnomedicine (2024) 20:80

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/94ffd1ab-03fc-4d8c-935f-2e162229a4dc