PLANT FACT SHEET

Atractylodes macrocephala Koidz.

GENUS *Atractylodes* **FAMILY** Asteraceae

COMMON NAMES Bai zhu, Chinese thistle daisy

EDIBLE PARTS AND USES

Edible parts: Rhizomes, Root

The underground stems or rhizomes are eaten in soups, cakes and rices.
They are also made into porridge along with pork tripe, sesame oil and soy sauce.

DESCRIPTION

An erect herb. It grows 30-60 cm high and spreads 45 cm wide. The underground stem or rhizomes are thick and warty. The stems are branched and have a woody base. The leaves are divided and pointed and have teeth along the edge.

HABITAT

A temperate plant. In north China it grows in grasslands and forests between 600-2,800 m above sea level.

PRODUCTION

Cultivation

Plants are grown from seed.

REFERENCES

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 136

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 34

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