PLANT FACT SHEET

Cimicifuga simplex (DC.) Wormsk. ex Turcz.

GENUS *Cimicifuga* **FAMILY** Ranunculaceae

COMMON NAMES Saiashina-shoma

EDIBLE PARTS AND USES

Edible parts: Leaves

CAUTION:
The leaves are boiled and eaten.
The fragrant root is used as a spice.

DESCRIPTION

A perennial herb. It grows 90-120 cm high and 50-60 cm wide. The flowers are narrow and white.

HABITAT

It is a temperate plant. It is frost hardy. In China it grows on the edges of forests and on grassy slopes between 300-3,200 m above sea level. In Sichuan.

NOTES

There are about 18 Cimicifuga species.

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Tanaka,

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a0c36ed9-e0e2-456b-ba16-c17b0494b3d4