PLANT FACT SHEET

Polygonatum kingianum Collett & Hemsl.

GENUS *Polygonatum* **FAMILY** Asparagaceae

COMMON NAMES King's solomon seal

EDIBLE PARTS AND USES

Edible parts: Rhizome, Tuber

The rhizomes or tubers are eaten raw or cooked by frying or in stews. They are also used for tonic soups.

DESCRIPTION

A herb. The rhizome is 1-3 cm thick. The stems are erect and 1-3 m tall. The leaves are in rings of 3-10. They are narrow. They are 6-20 cm long y 1-3 cm wide. There are 2-4 flowers in a group. They hang down. They are pink or white.

HABITAT

It is a tropical plant. It grows in forests and on shaded, moist grassy slopes between 700-3,600 m above sea level. In Sichuan and Yunnan.

REFERENCES

Cao, Y., et al, 2020, Ethnobotanical study on wild edible plants used by three trans-boundary ethnic groups in Jiangcheng County, Pu'er, Southwest China. Journal of Ethnobiology and Ethnomedicine (2020) 16:66

Wujisguleng, W., et al, 2012, Ethnobotanical review of food uses of Polygonatum (Convallariaceae) in China. Acta Societatis Botanicorum Poloniae 81(4):239-244

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