PLANT FACT SHEET

Hydrangea macrophylla (Thunb.) Ser.

GENUS *Hydrangea* **FAMILY** Hydrangeaceae

COMMON NAMES Common hydrangea, Ama-cha, Bigleaf Hydrangea, Embroidered Ball, Garden Hydrangea, Xiuqiu

EDIBLE PARTS AND USES

Edible parts: Leaves, Rhizomes, Roots

The dried rhizomes and roots have been used as a food and a medicine.
The leaves when dried and rubbed between the hands become sweet and are used to make a tea.
The leaves contain phyllodulcin which may be used as a sugar substitute.
Caution: The plant usually contains cyanide making it poisonous unless well cooked.

DESCRIPTION

A shrub which loses its leaves. It grows 1.2-1.8 m tall and spreading 1.2-2.5 m wide. The flowers are in large rounded heads. There are now a large number of garden varieties.

HABITAT

It is a temperate and subtropical plant. It is frost hardy. It suits hardiness zones 5-11.

PRODUCTION

Cultivation

Plants can be grown from seeds or cuttings.

NOTES

There are about 80 Hydrangea species. The leaves and roots are used in medicine (antimalarial)

PICTURES



Credit: Food Plants International (Bruce French)

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