PLANT FACT SHEET

Agrimonia pilosa Ledeb.

GENUS *Agrimonia* **FAMILY** Rosaceae

COMMON NAMES Indian chestnut, Agrimony

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The young leaves are eaten cooked. The leaves are bitter and are eaten after boiling.
The seeds are dried and ground into a meal and mixed with noodles.
CAUTION: It should probably only be eaten in small amounts.

DESCRIPTION

A herb. It grows 60-100 cm high. It keeps growing from year to year. The leaves are divided into leaflets along the stalk. The leaflets are narrowly oval and have teeth along the edge. They are hairy on both surfaces. The flowers are yellow and in groups at the ends of the branches. The fruit is enclosed in a hard, bristly covering.

HABITAT

It is a temperate climate plant. It grows naturally in the lowlands and mountains all over Japan. It does best on calcareous soils and in a sunny position. In Nepal it grows between 1,000-3,000 m altitude. In China it grows between 100-3,800 m above sea level. It grows in open forests and on mountain sides. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Fresh seed usually germinates in 2 - 6 weeks at 13°C. Seeds can be sown in a nursery then transplanted out.
Plants can also be grown by division of the clump.
Plants are harvested as they come into flower and can be dried for later use in medicine.

NOTES

There are 15 Agrimonia species. They grow in the northern temperate zones. The leaves are rich in vitamin K and are used to promote blood clotting and control bleeding. It has anticancer properties. It has Estrogen-like activity.

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