PLANT FACT SHEET

Panax pseudoginseng Wall.

GENUS *Panax* **FAMILY** Araliaceae

COMMON NAMES Ginseng

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves

The young leaves and shoots are cooked as a vegetable.

DESCRIPTION

A herb. It grows to 60 cm high. It has a fattened tuberous rootstock. The leaves have stalks. The leaves are divided like fingers on a hand into leaflets which have a very small stalk. The leaflets are 5-15 cm long by 0.8-6 cm wide. They are sword shaped and taper to the tip. They have fine teeth around the edge. They have bristly hairs on both surfaces. The flowers are white.

HABITAT

A subtropical plant. In Nepal they grow between 2000-3300 m altitude. They grow in moist, shady places.

PRODUCTION

Cultivation

Plants are grown from seed.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b4c24cc8-6c78-4af5-87ca-cb661ef3e5a7