PLANT FACT SHEET

Ligularia japonica (Thunb.) Less.

GENUS *Ligularia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves, Seeds, Flowers

The bitter elements are removed by washing.

DESCRIPTION

A herb. It grows 50-100 cm tall. The stem is 1 cm across at the base. It has white hairs. The leaves have leaf stalks with purple spots. They are 20-100 cm long. The leaves are pale green underneath. The leaves are kidney shaped and 40 cm across. They have lobes and teeth along the edge. The flowers are yellow. The seeds are 7-16 mm long and ribbed.

HABITAT

It is a temperate plant. It grow along stream banks and on grassy slopes between 600-2,300 m above sea level.

NOTES

There are about 150 Ligularia species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 637

Famine foods

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

READ

Syn. gen. Compos. 390. 1832

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b758c7dd-cdfc-45de-85a9-45adae5f6298