PLANT FACT SHEET

Panax japonicus var. major (T. Nees) C. A. Meyer, (Burkill) C. Y. Wu & K. M. Feng

GENUS *Panax* **FAMILY** Araliaceae

EDIBLE PARTS AND USES

Edible parts: Roots, Rhizomes, Stems, Leaves

The rhizomes are cooked with meat and eaten as a tonic.
The young stems and leaves are eaten fresh or cooked in stir fries.

DESCRIPTION

A herb. The rootstocks are narrow. The leaflets are not divided.

HABITAT

It is a subtropical plant. It grows in forests between 1,700-3,600 m above sea level. It grows in Yunnan in China.

PRODUCTION

Harvesting and Seed Production

In Yunnan leaves are available in May and June and rhizomes in July and August.

REFERENCES

Cheng, Z., et al, 2022, Ethnobotanical study on wild edible plants used by Dulong people in northwestern Yunnan, China. Journal of Ethnobiology and Ethnomedicine (2022) 18:3 (As Panax japonicus var. major)

Ju, Y., et al, 2013, Eating from the wild: diversity of wild edible plants used by Tibetans in Shangri-la region, Yunnan, China, Journal of Ethnobiology and Ethno medicine 9:28 (As Panax japonicus var. major)

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b7bdbcd0-2f0c-4298-905d-4bfc5ea81180