PLANT FACT SHEET

Codonopsis clematidea (Schrenk.) C. B. Clarke

GENUS *Codonopsis* **FAMILY** Campanulaceae

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are eaten raw or cooked.

DESCRIPTION

A herb. It keeps growing from year to year. The roots are carrot-shaped. They are 25-45 cm long by 1-3 cm wide. The stems are 50-100 cm tall. The lower branches are slender and erect and those higher up have flowers. The leaves on the stem are alternate and those on the branches are opposite. They are 1-4 cm long by 1-2 cm wide. They are hairy underneath. The flowers are pale blue with dark blue veins.

HABITAT

It is a temperate plant. It grows in cold desert in north India. In western China it grows in mountain forests and by streams between 1,700-2,500 m above sea level. In the Indian Himalayas it grows between 3,000-4,100 m above sea level.

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