PLANT FACT SHEET

Saposhnikovia divaricata (Turczaninow) Schischkin

GENUS *Saposhnikovia* **FAMILY** Apiaceae

COMMON NAMES Hill celery, Bofu, Fangfeng

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - tea, Roots, Seeds - flavouring

The leaves and flowers are boiled and used as tea.
The young shoots and leaves are eaten raw. They are also boiled, stir-fried and added to soups.
The red stems are used as a garnish on fish dishes.
The seeds are used to flavour meat.

DESCRIPTION

A robust herb. It keeps growing from year to year. It grows 30-80 cm high. The rootstock has one bud at the end. This produces a singly stem. The leaves at the base and lower down are divided several times and are oval or triangle shaped. They are 7-19 cm long and across. The end segments are 2-3 cm long by 2-7 mm wide. The upper leaves are smaller and less divided. The flowers are yellow and small.

HABITAT

It is a cold temperate plant.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c18e27c2-2520-4b06-bb93-3a72236ec140