PLANT FACT SHEET

Stachys adulterina Hemsley

GENUS *Stachys* **FAMILY** Lamiaceae

COMMON NAMES Hubei artichoke, Shao mao gan lu zi

EDIBLE PARTS AND USES

Edible parts: Rhizomes, Tubers, Root

The rhizomes or tubers are cooked or pickled and eaten. They are used like jerusalem artichoke.

DESCRIPTION

A herb. It keeps growing from year to year. The above ground stems are 60-120 cm high. They occur singly. The stem leaves have long leaf stalks. The leaf blade is oblong to sword shaped and can be 15 cm long. There are teeth along the edge. There are about 6 flowers in a ring. The flowers are red or white. The nutlets are round but flattened.

HABITAT

It is a temperate plant. In China it grows in the edges of gardens. It grows at about 1,800 m above sea level. It grows in wetlands. In Sichuan.

NOTES

There are about 300 Stachys species.

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