PLANT FACT SHEET

Cryptotaenia japonica Hasskarl

GENUS *Cryptotaenia* **FAMILY** Apiaceae

COMMON NAMES Japanese parsley

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Stem, Seeds, Vegetable

The leaves are boiled than eaten with oil and salt.
The roots are cooked and eaten
The seeds are used for seasoning.
Young seedlings or sprouts are eaten.
The leaves and leaf stalks are blanched and eaten raw in salads.

DESCRIPTION

A perennial normally grown as an annual. It grows 1 m tall. The leaves have leaflets along the stalk. These are broader than C. canadensis. They are also more closely spaced. The leaves near the base and lower on the stalks have leaves with 3 leaflets. They are triangle shaped. The flowers are small and white in loose groups.

HABITAT

It is a temperate plant. It suits cooler places. It withstands frosts well. It can grow in shade. In China it grows in damp places between 200-2,400 m. It suits hardiness zones 4-10. Melbourne Botanical Gardens. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed. These are sown 6 mm deep. They are spaced 25 cm apart.

Harvesting and Seed Production

Either the whole plant can be pulled out or leaves can be cut and allowed to grow again.

NOTES

Chemical composition: Protein = 2.3%. Fat = 0.23%. Carbohydrate = 4.4%. Ash = 2.1%. Contains a small amount of fragrant oil.

PICTURES



Credit: Food Plants International (Bruce French)



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