PLANT FACT SHEET

Glehnia littoralis F. Schmidt ex Miq.

GENUS *Glehnia* **FAMILY** Apiaceae

COMMON NAMES Coral vegetable, Coastal glehnia

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Roots

The young leaves and leaf stalks are used to add flavour and fragrance. They are pickled and served with fish. They are used to flavour toso - the sweet Japanese sake.
The root in used in soup with meat or chicken.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 10-20 cm high. It has a long cylinder shaped taproot. This is 1-2 cm across. It has white hairs. The leaves have 3 leaflets. They are triangle shaped in outline. The flowers are small and white.

HABITAT

It is a temperate plant. It grows in strong sun on coastal sand dunes.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d07b2fe7-2c22-48e1-a1a9-b5f0a0d59193