PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Farfugium japonicum (L.) Kitamura

GENUS *Farfugium* **FAMILY** Asteraceae

COMMON NAMES Leopard plant, Taiwan farfugium

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Roots

The young leaves are eaten. The leaf stalks are boiled in water to remove the harsh flavour, then peeled and used to add flavour to salads and other dishes.
Caution: It contains chemicals that cause cancer and therefore needs treatment.

DESCRIPTION

An evergreen herb. It keeps growing from year to year. The leaf stem is 30-40 cm long. The flower stalk is 30-75 cm high. The leaves are at the base near ground level and are kidney shaped. They are leathery and 15-20 cm long by 25 cm wide. They are thick and have a long leaf stalk. The flowers are yellow. The flower heads are 4-6 cm across.

HABITAT

A temperate plant. It grows in cliffs and rocky outcrops along the coast. It needs a humus rich moist soil. It is resistant to the salt spray.

PRODUCTION

Cultivation

It can be grown by seed or division of the clump.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d1eb7d55-05b5-4f2b-8543-caf7297f1624