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.

# *Petasites japonicus* (Siebold & Zucc.) Maxim.

**GENUS** *Petasites* **FAMILY** Asteraceae

**COMMON NAMES** Sweet coltsfoot, Bog rhubarb, Butterbur

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Petiole, Vegetable, Flowers

The long leaf stalk is peeled and pickled in Japan. They are seasoned with salt or soy sauce. They are used in soups.
The flower buds are used as a vegetable and condiment. They are eaten while still green.
Caution: It contains chemicals that cause cancer. The flower stalks can affect the liver.

## DESCRIPTION

A shrub. It has runners. It grows 1-1.2 m high. The leaves are large. They are kidney shaped. They are 1-1.2 m across. The flowers are greenish-white and in crowded heads. They appear before the leaves.

## HABITAT

A temperate plant. It grows near ponds and streams. In Sichuan. It suits hardiness zones 5-10.

## PRODUCTION

### Cultivation

Plants are grown by division. They can be grown from seed.

## PICTURES



Credit: Food Plants International (Bruce French)

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**PROVIDED BY** **Food Plants International**

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/d33dccfb-b981-41ed-a468-b68b8dba535f