PLANT FACT SHEET

# *Panax japonicus* (T. Nees) C. A. Mey.

**GENUS** *Panax* **FAMILY** Araliaceae

**COMMON NAMES** Japanese ginseng, Bamboo ginseng

## EDIBLE PARTS AND USES

**Edible parts:** Roots - tea, Rhizomes

The dried roots are used in tonic teas and liqueurs.
The rhizomes are stewed with pork or chicken.

## DESCRIPTION

A herb. It grows 50-80 cm tall. The rootstock lies along parallel to the ground level. The stems are straight. There are 3-5 leaves. The are compound with 5 leaflets spread out like fingers in a hand. The are narrowly oval and 5-18 cm long by 2-7 cm wide. There are teeth along the edge. The flowers are in flat top groups of 50-80 flowers. The fruit are round and red. They are 5-7 mm across.

## HABITAT

It is a subtropical plant. In China it grows in forests in valleys between 1,200-3,600 m above sea level.

## REFERENCES


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Tanaka,



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