PLANT FACT SHEET

Protasparagus racemosus Willd.

GENUS *Protasparagus* **FAMILY** Asparagaceae

COMMON NAMES Native Asparagus, Asparagus fern

EDIBLE PARTS AND USES

Edible parts: Roots, Shoots

The young shoots are cooked as a vegetable.
The roots are also eaten as a vegetable. They are candied.

DESCRIPTION

A straggling shrub. The roots and underground stems produce fleshy tubers at their ends. The stems are climbing. It has many branches. It is slender and about 1.5 m high. The shoots are covered with spines which curve backwards. They are 1.5-2 cm long on the main stem and smaller on the branches. The stem is leaf like and flattened. It normally has ridges or lines along it. They are curved and with a channel beneath. The flowers are small and white. They have a smell and contain both sexes. The fruit is a berry and round.

HABITAT

A tropical plant. It occurs throughout Nepal from 300-2200 m high. It grows in dry places. In China it grows in broad leafed forest between 2100-2200 m altitude. It grows in rocky and gravely forests. It is drought tolerant. It is damaged by frost. Mt Cootha Botanical Gardens.

PRODUCTION

Cultivation

It is grown from seed or by dividing the roots.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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