PLANT FACT SHEET

Polygonatum sibiricum F. Delaroche ex Redoute

GENUS *Polygonatum* **FAMILY** Asparagaceae

COMMON NAMES Huang jing

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Rhizomes, Sprouts, Tea

The rhizome contains starch and sugars and are used for pastry.
The rhizomes are repeatedly steamed and dried then have sugar or honey added and are eaten as a candy.

DESCRIPTION

A herb. It has rhizomes or underground stems. These are usually shortly branched. They are 1-2 cm thick. The stem is erect and can be lying over. It is 50-90 cm long. The leaves are in rings of 4-6. They do not have a leaf stalk. The leaf blade is sword shaped and 8-15 cm long by 4-16 mm wide. The tip is curved. The flowering stalk usually has 2-4 flowers. The flowers hang down. They are white or pale yellow. The fruit are black berries. They are 7-10 mm across. There are 4-7 seeds.

HABITAT

It is a temperate plant. It grows in forests and thickets on shaded slopes between 800-2800 m altitude in N China.

NOTES

There are about 50 Polygonatum species.
Also put in the family Convallariaceae.

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