PLANT FACT SHEET

Angelica sinensis (Oliv.) Diels

GENUS *Angelica* **FAMILY** Apiaceae

COMMON NAMES Chinese angelica

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots

The roots are used in tonic soups, wines and rice porridges.
They are also used with meat and poultry dishes.
Caution: It should not be given to pregnant women.

DESCRIPTION

A herb that keeps growing from year to year. It grows 75 cm to 1.25 m tall. It spreads 40-90 cm wide. It has a short underground stem or rhizome. The stems are upright. The leaves are divided into leaflets along the stalk. They are grey-green but can be flushed with purple. The leaves are 20-30 cm long. The flowers are greenish and in a flat head. The leaves are narrowly oval and have notches along them.

HABITAT

It is a temperate plant. It is hardy to frost. It grows between 2,500-3,000 m above sea level. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are 50 Angelica species. They are temperate plants. It is used in medicine.

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