PLANT FACT SHEET

Eleutherococcus senticosus (Rupr. & Maxim.) Maximowicz

GENUS *Eleutherococcus* **FAMILY** Araliaceae

COMMON NAMES Siberian ginseng

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem - tea

The young leafy shoots and leaves are eaten as a potherb.
The dried leaves are used as a substitute tea.
The stems and roots are used for tea.
The red pigment is edible and used to colour food.

DESCRIPTION

A deciduous shrub. It forms suckers. It has thick roots. It grows 6 m high. It has only a few branches. It has bristles and prickles. The leaves are dark green and divided like fingers on a hand. They are 15 cm across. The female flowers are green and the male flowers are purple. They are small and star shaped and occur in groups. The fruit are black. The fruit are 8 mm across.

HABITAT

It is a temperate plant. It needs well drained soil. It can grow in sun or part shade. It grows in Inner Mongolia in China. It suits hardiness zones 3-8. In Sichuan.

PRODUCTION

Cultivation

Plants can be grown from seed, stem cuttings, root cuttings or suckers.

NOTES

The root is used in medicine. It has stimulant properties like other ginsengs.

PICTURES



Credit: Food Plants International (Bruce French)



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