PLANT FACT SHEET

Adenophora khasiana (Hooker f. & Thomson) Collett & Hemsley

GENUS *Adenophora* **FAMILY** Campanulaceae

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are stewed with meat and eaten as a tonic.

DESCRIPTION

A herb. It keeps growing from year to year. It has carrot-like roots 7-8 cm long by 2 cm wide. The stems are usually single. It can grow 1 m tall. The leaves are oval and without leaf stalks. They are 3-9 cm long by 2-7 cm wide. They are hairy underneath. The flowers are in a narrow panicle with short branches. They are funnel shaped and blue.

HABITAT

It is a temperate plant. It grows in forests and in grassy places between 1,000-2,800 m above sea level in SW China. It grows in Sichuan and Yunnan in China.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 713

Ju, Y., et al, 2013, Eating from the wild: diversity of wild edible plants used by Tibetans in Shangri-la region, Yunnan, China, Journal of Ethnobiology and Ethno medicine 9:28

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