PLANT FACT SHEET

Adenophora remotiflora (Siebold. & Zucc.) Miq.

GENUS *Adenophora* **FAMILY** Campanulaceae

COMMON NAMES Moshidae, Panicled lady bells

EDIBLE PARTS AND USES

Edible parts: Root, Leaves

The root is eaten raw or cooked.
The young shoots are eaten cooked. They are fried and eaten in soup.
The root is often cooked with 2 changes of water.

DESCRIPTION

A herb that keeps growing from year to year. It grows 1 m high. The leaves on the stem have leaf stalks. The leaves are oval and 5-13 cm long by 2-7 cm wide. The flowers are blue.

HABITAT

It grows best in a light rich slightly alkaline soil. It needs a sunny position. It does not like having its roots disturbed.

PRODUCTION

Cultivation

Plants can be grown from seed. Seeds germinate in 1-3 months at 10°C. They can be transplanted or sown direct. Plants can also be grown from cuttings.

NOTES

There are about 40 Adenophora species. They are temperate plants.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ee91f7db-a7c8-485d-8564-8ddd452c1280