



PLANT FACT SHEET

Aralia armata (Wall. ex G. Don) Seem.

GENUS *Aralia* FAMILY Araliaceae

COMMON NAMES Spiny vegetable

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Flowers, Fruit

The young leaves are boiled and eaten. They are used to flavour meat and fish.

The young unopened flowers are cooked and eaten.

DESCRIPTION

A shrub. It grows 1-2 m tall. The stems are thin and have curved spines. The branches are drooping. The leaves are twice divided into leaflets along the stalk. The smaller sections have 9-10 leaflets that are egg shaped. They are 4-8 cm long and 2-3 cm wide. There are small spines on the veins. The flowers are small and yellow-green on long stalks. The fruit are round and fleshy and black.

HABITAT

It is a tropical plant. In Vietnam it grows in the highlands. In southern China it grows in valleys and on the edges of forests below 1,600 m above sea level. In Yunnan.

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