PLANT FACT SHEET

Aralia caesia Hand.-Mazz.

GENUS *Aralia* **FAMILY** Araliaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves and leaf buds are cooked and eaten in stir fry dishes and also eaten fresh.

DESCRIPTION

A shrub.

HABITAT

It grows in Yunnan in China.

PRODUCTION

Harvesting and Seed Production

In Yunnan the leaves are picked in April and May.

REFERENCES

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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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fb2b5f24-46ba-42bc-b3f7-01e7bbdeb3f0