PLANT FACT SHEET

# *Maianthemum tatsienense* (Franct.) LaFrankle

**GENUS** *Maianthemum* **FAMILY** Asparagaceae

## EDIBLE PARTS AND USES

**Edible parts:** Shoots, Leaves

The young shoots and leaves are cooked in stir fries and added to soups.

## DESCRIPTION

A herb. It grows 30-80 cm tall. It has rhizomes that are slightly thickened. The stems are smooth. There are 6-8 leaves. They are oval or sword shaped and 2-7 cm long by 2-8 cm wide. Flowers occur singly in a panicle. They are greenish and can be tinged with purple.

## HABITAT

It is a temperate plant. It grows on the edges of forests and on grassy slopes between 1,500-3,500 m above sea level. It grows in Sichuan and Yunnan in China.

## PRODUCTION

### Harvesting and Seed Production

In Yunnan leaves are harvested in May and June.

## NOTES

Also put in the family Convallariaceae.

## REFERENCES


Cheng, Z., et al, 2022, Ethnobotanical study on wild edible plants used by Dulong people in northwestern Yunnan, China. Journal of Ethnobiology and Ethnomedicine (2022) 18:3

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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