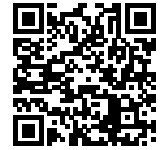




PERENNIAL GREEN LEAF  
HERB  
FOOD FOREST  
BEES AND BUTTERFLIES  
EDIBLES



# Korean Celery

*Dystaenia takeshimana*

**A hardy, delicious, nutritious, clump-forming perennial herb from Korea**

**PLANT TYPE** Herb

**PLANT HABIT** Perennial

**USES** Culinary, Pollinators, Ornamental

## DESCRIPTION

A hardy, clump-forming Korean perennial with glossy, dark green leaves and large, wide-topped umbels of white flowers on tall stems. Loved by pollinators. Arrives in late February ready for picking throughout the year. The nutritious leaves and stalks can be used in salads and cooked meals. Flavour is a mixture of celery, lovage and parsley.

The plant has a high nutritional profile, with studies indicating its 17.9% protein content is comparable to that of lucerne (alfalfa).

**RECOMMENDED LOCATION** Kitchen garden, Forest garden, Wildlife garden, Ornamental garden

**ASPECT** Full sun, Partial sun

**HEIGHT** 1m

**SPREAD** 0.85m

**HARDINESS** Hardy in the UK

## ORIGIN/HISTORY

In Korea, *Dystaenia takeshimana* was historically used primarily as livestock fodder for pigs and cattle, rather than for human consumption.

Ethnobotanical research on Ulleung-do Island confirms that while only a few informants recalled eating it (parboiled or fermented in soy sauce), its main agricultural purpose was as a fodder crop. It is said to be the favourite herb of local cattle (yakso), imparting a special 'herbal fragrance' to the meat.

Because it was heavily utilised as animal feed, the plant is now considered endangered in its native habitat on Ulleung-do Island, South Korea.