

AN LU



Artemisia keiskeana (syn *Artemisia keiskiana*)

Family: Compositae

Names: Fu Lu

Description: Perennial growing to 0.6m. . The flowers are hermaphrodite and are pollinated by insects.

Cultivation: Easily grown in a well-drained circumneutral or slightly alkaline loamy soil, preferring a warm sunny dry position. Established plants are drought tolerant. Plants are longer lived, more hardy and more aromatic when they are grown in a poor dry soil. Members of this genus are rarely if ever troubled by browsing deer. The seed is surface sown from late winter to early summer in a

greenhouse, making sure that the compost does not dry out. When large enough to handle, prick the seedlings out into individual pots and grow them on in the greenhouse for their first winter. Plant out in late spring or early summer. Division in spring or autumn. Basal cuttings in late spring. Harvest the young shoots when about 10 - 15cm long, pot up in a lightly shaded position in a greenhouse or cold frame and plant them out when well rooted. Very easy.

Medicinal Uses: The seeds have a reputation for correcting sexual impotence in men and amenorrhea in women. An infusion of the seeds also is used for post-partum pain

Culinary Uses: The young leaves and shoot tips can be cooked. The leaves contain about 5.6% protein, 1.2% fat, 9.5% carbohydrate, 2.6% ash.

Other Uses: The stalks are used for thatching.

References:

The Book of Aphrodisiacs, Dr. Raymond Stark, Scarborough Books, 1980; ISBN: 0-8128-6164-7

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