



The Origins of Dahurian Angelica Root (DAR)

The Angelica plant, a biennial plant (meaning one that blooms in its second year before dying off) from where the roots are harvested as the famous Angelica root in Chinese medicine, stands at an average height of 4 to 6 feet. Some needless-to-say may grow much higher in ideal conditions. There are 60 known species of the Angelica plant. The Dahurian Angelica root or scientifically termed as *Angelica dahurica*, is from the species native to the provinces of China, primarily in Sichuan, Anhui, Henan, Hebei, and Zhejiang. Other species of Angelica plants are found in various parts around the world, including Europe and some states in America. A few species also thrive in rush pastures or natural grasslands, such as those located in parts of the United Kingdom. In an ideal climate, most species of Angelica thrive in rich groves particularly in moist and shady environments, at the same time where sun is accessible when necessary. For the root to flourish, the plant needs to be grown in healthy, fertilized and moist soil. Colours of the flowers of these plants vary from species to species, but each successful bloom of an Angelica plant bears beautiful white flowers mainly in the summer.

The roots of the Angelica plant such as the famed Dahurian Angelica Root, is harvested twice a year in summer and autumn. Other parts of this full grown plant also prove useful such as its stalks which are commonly used as food and its stem which some commercialize into decorative items. The seeds of the Angelica plant are often used to flavor food and sometimes present in the flavoring of liqueur.