

# U Food

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## Plant

*Allium tuberosum* ( Chiu, Feng Pen, Nira )

*Aralia cordata* ( T'U Tang Kuei, Udo )

*Aralia elata* ( Tara-No-Ki )

*Arctium lappa* ( Arqityon, Bardana, Burdock, Burdock Blood, Dulavratotu, Gobo, Kewe, Kuang Mu Hsiang, Lampazo Mayor, Niu P'Ang Tzu, Niu Ts'Ai, Shu Nien, Ta Li Tzu, Waisar, Wu Shih )

*Camellia japonica* ( Ch'A Chin T'lao, Ch'A Hua, Meigetu-So, Tubaki, Tz'U Ch'A, Yabu-Tubaki )

*Citrus natsudaidai* ( Natu-Daidai )

*Glehnia littoralis* ( Hama-Bohu )

*Juncus* spp. ( )

*Prunus mume* ( Ch'Ing Mei, Mei, Pai Mei, Ume, Wu Mei )

*Prunus persica* ( Khokh, Melocotonero, Momo, Peach, Pecher, Pesco, Seftali Agaci, Sheftali, T'Ao P'I Chiu, Tao Ren )

*Pueraria lobata* ( Geh Gen, Ko Fen, Ko Pu, Kung Pu, Kuzu )

*Rumex woodii* ( )

*Trifolium africanum* ( )

*Trifolium burchellianum* ( )