

# Kudzu Vine

*Pueraria montana*

**Region of Origin:** Japan and China  
**Habitat:** Perennial, deciduous, vine  
**Current Range:** Every continent except Antarctica  
**Flowering Season:** Late Summer



Kudzu was introduced to the U.S. as a forage crop for cattle in the 1930's. While the plant currently has a limited distribution in the western United States, this is an invader to keep a close eye on. With a growth rate of a foot per day, it's one of the fastest growing plants in the world. It smothers everything it grows on including large trees and, as the American South can testify, it is able to cover vast areas seemingly overnight. Luckily, most of the plant is edible. Stems, leaves, flowers and starch from the root are all used in cooking. In Asia the flowers and roots are used medicinally<sup>5</sup>. The flowers are also quite beautiful, but don't let this plant fool you; it's "the vine that ate the South" so eat it before it eats your landscape.

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## Kudzu Vine Quiche

*Recipe by Unknown*

1 cup	Heavy Cream	To Taste	Black Pepper
3 ea	Eggs, beaten	To Taste	Any Other Seasoning/Spices
1 cup	Kudzu Leaves and Stems, chopped	1 cup	Mozzarella Cheese, grated
½ tsp	Salt	1 ea	9 inch Pie Shell, unbaked

- Preheat oven to 350 degrees.
- Mix cream, eggs, kudzu, salt, pepper, other seasoning/spices, and cheese.
- Place in pie shell.
- Bake for 35 to 45 minutes until center is set.

