



## **KUZU ROOT (*Pueraria lobata; thunbergiana*)**

Large Culinary Root (averaging 100kg/200lbs in weight!) used as cooking starch for thickening and gelling in Japan and China, originating from the latter. Harvested in winter when plant growth is concentrated underground. With this foodstuff the brightness of white indicates quality or purity rather than refined or poor nutritional value.

**Digestive Uses:** Used for intestinal aches, irritation and diarrhoea due to pectins, which have similar structure and function to Slippery Elm<sup>1</sup>. Contains high levels of flavanoids (daidzin, genistein and puerarin) which inhibit gut smooth muscle contraction and thus relieve intestinal cramps. May be used to neutralise stomach acidity and for constipation too. Flavanoids have a wide range of healthful uses for human but function within plants as “*in house*” pesticides!

**Circulatory Complaints:** Chinese Medical Journals report the successful use of Kuzu against hypertension and high blood pressure, migraine, deafness attributed to the blood vessel relaxing properties of flavanoids contained in Kuzu. Flavanoids were also seen to lower cholesterol, thin blood and protect against cardiovascular disease through their anti-oxidant value.

**Addiction:** Reported to reduce alcohol cravings<sup>2</sup>.

**USES:** soup, sauce and stew, with coat or glaze, cream puddings, beverages, medicinal teas using root pieces (not starch powder).

**Analysis (per 100g):** Energy (340Kcal), fat (0.6g), CHO (83g), protein (0.0), Ca (18mg), Fe (0.8mg), PO<sub>4</sub> (10mg), K (3mg), Na (4mg).

**Stomach Settler Cream** (Serves 1): Drink 1 hour before a Meal. 1½ tbsp Kuzu Starch, 1 tsp Umeboshi Plum Paste, ¼ -½ tbsp ginger juice from grated fresh root ginger, ½ -1 tsp Shoyu Soya Sauce (optional) — Dissolve kuzu starch in 1 cup water in enamel pan. Add umeboshi + bring to simmer, stirring frequently. Once edges bubble stir constantly until kuzu thickens. Simmer for further 1-2 minutes, remove from heat and add ginger juice + soya sauce if desired.

To supply or for more information about other healthful Japanese and Chinese food products contact: [www.clearspring.co.uk](http://www.clearspring.co.uk).

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1.) Dr. Subhuti Dharmananda, Institute for Traditional and Preventative Healthcare, Portland, Oregon.

2.) Kueng and Vallee, Harvard reported Nat. Academy Sci., 1995.