PLANT FACT SHEET

Hedysarum hedysaroides (L.) Schinz. & Thell.

GENUS *Hedysarum* **FAMILY** Fabaceae

COMMON NAMES Alpine French Honeysuckle, Eskimo potato

EDIBLE PARTS AND USES

Edible parts: Root, Tuber

The roots can be baked, boiled or eaten fresh or frozen.

DESCRIPTION

A herb that keeps growing from year to year. It has a long thick taproot. The stems are 25-40 cm tall. These have 2 or 3 flowering branches. The leaves are compound with small leaflets in pairs. The leaflets are oval or sword shaped. The flowers are in one sided clusters at the tip of the leafy stems. The petals are lilac-violet and about 1 cm long. The flowering stems have bristly hairs. The fruit are flat pods and constricted between single seed sections.

HABITAT

It is a cold temperate plant.

REFERENCES

Ainana, L. & Zagrebin, I., 2014, Edible Plants Used by the Siberian Yupik Eskimos of Southeastern Chukotka Peninsula, Russia, (English translation). p 66

Jernigan, K. A., et al, 2017, Naukan ethnobotany in post-Soviet times: lost edibles and new medicinals. Journal of Ethnobiology and Ethnomedicine (2017) 13:61

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 94

Vierteljahrsschr. Naturf. Ges. Zurich 57:70. 1913

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/00563e7d-04e6-4cdb-8d6f-a7631c8f17fa