PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Echinacea purpurea (L.) Moench

GENUS *Echinacea* **FAMILY** Asteraceae

COMMON NAMES Echinacea, Coneflower

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Seeds, Flowers

The flowers are used to garnish bread.
Caution: This plant should probably only be used in small amounts or for short periods.

DESCRIPTION

A perennial plant. It develops underground stems or rhizomes. It grows 90-120 cm high and 45-60 cm across. The leaves are bristly and dark green. The plant is coarse and the stems stout. The flower heads are large and form a cone. The purple-red ray florets are around this.

HABITAT

It is a temperate plant. It is frost hardy. It needs rich, deep, well-drained soil. It should be neutral to alkaline. It can tolerate drought. Hobart Botanical Gardens. It suits hardiness zones 3-8.

PRODUCTION

Cultivation

Plants are grown from ripe seed. Seed germinate best at a temperature of 20°C and germinate in 5-20 days. They can also be grown by root cuttings or division.

NOTES

There are 9 Echinacea species. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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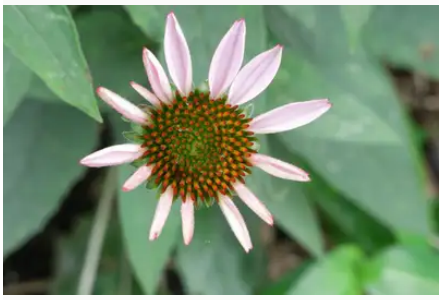

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