PLANT FACT SHEET

Artemisia ludoviciana Nutt.

GENUS *Artemisia* **FAMILY** Asteraceae

COMMON NAMES Western Mugwort, White sage

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves - flavouring, tea, flower

The leaves and flower heads are used as a seasoning. They are also made into tea. The chopped leaves are added to sauces and gravies.
The seeds are also eaten.

DESCRIPTION

A perennial herb. It grows 60-120 cm high and 60-90 cm wide. The roots spread easily producing upright stems. The leaves are grey. They are sword shaped and can have coarse teeth. The leaves are densely felted underneath. The flowers are tiny and occur in plumes. They are greyish-white.

HABITAT

It is a temperate plant. It is frost hardy. It suits hardiness zones 5-10.

PRODUCTION

Cultivation

It can be grown by seed or cuttings.

NOTES

There are about 300 Artemisia species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/00db11eb-8687-4370-a9a9-0156f36de1bc