PLANT FACT SHEET

Saxifraga pensylvanica L.

GENUS *Saxifraga* **FAMILY** Saxifragaceae

COMMON NAMES Swamp saxifrage

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves can be added to salads.
They can also be lightly cooked for 5-10 minutes.

DESCRIPTION

A herb. The leaves are clustered in a ring near the ground. They are bluntly sword shaped. It grows 30-100 cm tall. The flower stalks have greenish-yellow flowers.

HABITAT

It is a temperate plant. It grows in swamps and wet meadows.

NOTES

There are about 440 Saxifraga species.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 229

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 788

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 521

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/032e0d75-b106-4d85-a0f6-1d5c65cbd47e