PLANT FACT SHEET

Oenothera albicaulis Pursh

GENUS *Oenothera* **FAMILY** Onagraceae

COMMON NAMES Whitestem evening primrose, Prairie evening primrose

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Seeds, pod

The fruit are eaten.
The seeds are ground and used in a gravy.
The seeds are boiled in soup.
The young leaves near the base are eaten as a vegetable.
The roots are eaten after several changes of the cooking water.

DESCRIPTION

A herb. It takes 1 or 2 years to complete its life-cycle. It grows 30 cm tall. The leaves at the base are spoon shaped. The flowers are white. The fruit is a capsule.

HABITAT

It is a temperate plant.

NOTES

There are about 149 Oenothera species.
Anogra albicaulis (Pursh) Britton.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/03c0c635-fb0b-44c4-bc03-78ec56e17b93