PLANT FACT SHEET

# *Sedum reflexum* L.

**GENUS** *Sedum* **FAMILY** Crassulaceae

**COMMON NAMES** Stonecrop, Jenny stonecrop, Yellow stonecrop

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Spice

The young leaves are eaten in soups and salads. They can be eaten raw or cooked.

## DESCRIPTION

A perennial plant. It grows 30 cm high and spreads 50 cm wide. The stem is slender and lies along the ground. It has a pink tinge. It has several branches that curve upwards. The leaves are spreading and cylinder shaped. They taper towards the tip and curve backwards. The flowers are bright yellow. They are in groups at the ends of branches.

## HABITAT

It is a temperate plant. It mostly grows on rick walls, stony ground and on dry stream banks. It grows in an open sunny position. It is resistant to frost and drought.

## PRODUCTION

### Cultivation

It can be grown by seed, by cuttings or by division of the clump.

## NOTES

There are about 400 Sedum species.

## REFERENCES


Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 216

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 83

Hammer, K. & Spahillari, M., 1999, Crops of European origin. in Report of a networking group on minor crops. IPGRI p 46

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 793

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 434, 1858

Simkova, K. et al, 2014, Ethnobotanical review of wild edible plants used in the Czech Republic. Journal of Applied Botany and Food Quality 88, 49-67

Sp. pl. ed. 2, 1:618. 1762

Tasmanian Herbarium Vascular Plants list p 23 (Misapplied - see Baker, M. L. & de Salas, M. F., 2012, A Census of the Vascular Plants of Tasmania. (On line))

**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/03efa977-7afc-4fbd-b98d-cca5bb160579