PLANT FACT SHEET

Medeola virginiana L.

GENUS *Medeola* **FAMILY** Liliaceae

COMMON NAMES Indian cucumber, Indian cucumber root

EDIBLE PARTS AND USES

Edible parts: Root, Rhizome

The white rhizomes are crisp and succulent and have a taste like cucumber. They can be eaten raw or boiled and served with butter or vinegar.
They can be made into dill pickles.

DESCRIPTION

A small herb. It is in the lily family. It keeps growing from year to year. The rhizomes are 3-8 cm long by 1 cm wide. They are thick and white. The stems are 20-90 cm tall. The young stems are hairy. There are 5-10 leaves in a ring in the middle and another ring at the top. The lower leaves are simple and widest near the tip. They are 10 cm long. The smaller upper leaves are widest near the base. The flowers are in clusters at the tip of the stem. There are 3-9 flowers in a cluster. The petals are pale green. The fruit are small berries that are dark blue. They are 5-10 mm across.

HABITAT

It is a temperate plant. It grows in swamps and along the edges of streams and lakes. It is best in rich soil. It suits hardiness zones 3-8.

PRODUCTION

Cultivation

Plants can be grown from seeds or division of the tubers.

NOTES

Also put in the family Trilliaceae.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Elias, T.S. & Dykeman P.A., 1990, Edible Wild Plants. A North American Field guide. Sterling, New York p 139

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 2. p 24

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 242

Flora of North America. www.eFloras.org (As virginiana)

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 407

Jackes, D. A., Edible Forest Gardens

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 528

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1789

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 55

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 121

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/05f2b8e0-e617-4915-810e-ae3c5c2b1584