PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Symplocarpus foetidus (Linnaeus) Salisbury ex W. P. C. Barton

GENUS *Symplocarpus* **FAMILY** Araceae

COMMON NAMES Skunk cabbage, Stinking poke, Swamp cabbage

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Rhizome

The rhizomes or underground stems are used to make a peppery bread. It is dried and made into flour.
Root used as an emergency food after drying or baking.
The young leaves are cooked and eaten as a vegetable
Caution: Plants in this family usually have oxalate crystals and need special preparation.

DESCRIPTION

A herb that grows in swamps. It keeps growing from year to year. It grows 30-60 cm tall. The leaves are pale green and 30-40 cm wide and up to 1.2 m long. The flowers are greenish purple. They have a greenish yellow spadix 5-10 cm long. They have a purple spathe around them. The flower can give off an unpleasant smell.

HABITAT

A temperate plant. It grows in wet and seasonally flooded places.

PRODUCTION

Cultivation

Plants can be grown from fresh seed sown into mud.

NOTES

It is used in medicine. There are 3 Symplocarpus species. It contains 5-hyrdoxy-tryptamine that can effect Serotonine absorption.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/077dee69-1814-4a4a-b2df-2ea5439ceb45