PLANT FACT SHEET

Anemone rivularis Buch.-Ham. ex DC.

GENUS *Anemone* **FAMILY** Ranunculaceae

COMMON NAMES Common wild anemone

EDIBLE PARTS AND USES

Edible parts: Seeds

The roasted seeds are pickled.
The roots are stewed with meat and eaten as a tonic.

DESCRIPTION

A herb. It grows about 1 m high. It spreads about 50 cm wide. The rootstock has silky hairs. It is stout and sheathed with fibres. The lower leaves have long stalks. They are 3 lobes arranged like fingers. These are divided along the edge. They have silky hairs underneath. The upper leaves do not have stalks and are rounded. They are hairy on both surfaces. The flowers are white or blue. They occur as many flowers in compound heads. The fruit is a dry fruit.

HABITAT

A temperate plant. In Nepal it grows between 1600-4000 m altitude. It grows in open moist places. It suits hardiness zones 7-9. Hobart Botanical Gardens. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seeds.

NOTES

There are about 120 Anemone species.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/099752c2-4ab5-40f0-9e1e-b9e0efff8631