PLANT FACT SHEET

Sophora nuttalliana B. L. Turner

GENUS *Sophora* **FAMILY** Fabaceae

COMMON NAMES Silky sophora

EDIBLE PARTS AND USES

Edible parts: Roots

The sweet roots are chewed.
Caution: The seeds are toxic.

DESCRIPTION

A herb that keeps growing from year to year. It grows 30 cm tall. The flowers are white.

HABITAT

It is a temperate plant. It is very cold tolerant but thrives best with hot weather. It grows between 1,000-1,700 m above sea level in the southern USA.

PRODUCTION

Cultivation

Plants can be grown from seed. Seed can be pre-soaked in warm water for 12 hours and should be transplanted when young. It can be grown by cuttings or air-layering.

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) (As Sophora sericea)

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 829

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 538

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

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/0ab49fd3-8f34-4ffc-8586-a2dc6604b92e