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.

Aconitum napellus L.

GENUS *Aconitum* **FAMILY** Ranunculaceae

COMMON NAMES Soldier's cap, Turk's-cap

EDIBLE PARTS AND USES

Edible parts: Tubers, Roots

CAUTION: Aconitums are usually very poisonous. They contain toxic alkaloids including aconitine. It affects the nerves and heart. THEY SHOULD NOT BE EATEN.
The tubers are eaten as a tonic.

DESCRIPTION

A small herb or shrub. It keeps growing from year to year. It grows 1.5-1.8 m high. It spreads 60-80 cm wide. The leaves are dark green and slightly hairy. They have 5-7 toothed lobes. The flowers are in dense heads. They are bright purple-blue. They are the shape of helmets. They on top of tall stems.

HABITAT

It is a temperate plant. It suits hardiness zones 5-9.

NOTES

There are about 100 Aconitum species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/13d20682-b33a-4d99-b0e2-0dfd63b0774f