PLANT FACT SHEET

Valeriana officinalis L.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Valerian, All-heal, Garden Heliotrope

EDIBLE PARTS AND USES

Edible parts: Seeds, Herb, Root, Leaves, Leaves - tea, Flowers - flavouring

The leaves are eaten as greens. The leaves are dried and used for tea.
The flowers are used for flavouring sauces.
The seeds are edible.
The root extract and essential oil are used to flavour ice cream, baked goods and drinks.
It is used for flavouring rootbeer.

DESCRIPTION

A small shrub. It keeps growing from year to year. It grows 1.2-1.8 m high. It spreads 40-80 cm wide. The stem is erect, hollow, hairy and angular. The leaves are in pairs, united at the base and deeply divided. There are 7-20 sword shaped leaflets. These are serrated around the edge. The flowers are in heads 5-10 cm wide. They are pinkish white and have a musk scent.

HABITAT

It is a temperate plant. It does best in rich, moist soils. It needs a protected, sunny position. It is resistant to frost but sensitive to drought. In Hobart Botanical gardens. It suits hardiness zones 3-10. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed or by division.

NOTES

There are about 200 Valeriana species. Used as a medicine. They have also been put in the family Valerianaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 666

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 224

Bussman, R. W., et al, 2016, A comparative ethnobotany of Khevsureti, Samtskhe-Javakheti, Tusheti, Svaneti, and Racha-Lechkhumi, Republic of Georgia (Sakartvelo), Caucasus. Journal of Ethnobiology and Ethnomedicine.

Bussman, R. W., et al, 2021, Unity in diversity—food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 12

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1454

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 243

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 129

Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 329

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 305

http://www.botanic-gardens-ljubljana.com/en/plants

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 298

Jack, M., Wild Foods and Medicines of Forest Garden Transylvania. http://www.forestgardentransylvania.org/ p10

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1874

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 84

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 328

Morton,

Nanagulyan, S., et al, 2020, Wild plants and fungi sold in the markets of Yerevan (Armenia). Journal of Ethnobiology and Ethnomedicine 16:26

Pieroni, A. & Soukand, R., 2018, Forest as Stronghold of Local Ecological Practice: Currently Used Wild Food Plants in Polesia, Northern Ukraine. Economic Botany, XX(X) pp. 1-21

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

Shikov, A. N. et al, 2017, Traditional and Current Food Use of Wild Plants Listed in the Russian Pharmacopoeia. Frontiers in Pharmacology. Vol. 8 Article 841

Simkova, K. et al, 2014, Ethnobotanical review of wild edible plants used in the Czech Republic. Journal of Applied Botany and Food Quality 88, 49-67

Sitpayeva, G. T., et al, 2020, Crop wild relatives of Kazakhstani Tien Shan: Flora, vegetation, resources. Plant Diversity 42 (2020) 19-32

Soukand, R., et al, 2017, Multi-functionality of the few: current and past uses of wild plants for food and healing in Liubań region, Belarus. Journal of Ethnobiology and Ethnomedicine (2017) 13:10

Soukand, R., et al, 2023, The importance of the continuity of practice: Ethnobotany of Kihnu island (Estonia) from 1937 to 2021. Plants People Planet 3.10423

Sp. pl. 1:31. 1753

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 710

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

www.wildediblefood.com

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/19d609e6-a590-42ba-ba95-3b5331a80919