PLANT FACT SHEET

# *Chamaenerion latifolium* (L.) Sweet

**GENUS** *Chamaenerion* **FAMILY** Onagraceae

**COMMON NAMES** Dwarf fireweed, River beauty willowherb

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The leaves can be eaten raw or cooked.
The flowers are fruit can be used in salads.

## DESCRIPTION

A herb. It has a woody stem and a clump of leaves. It keeps growing from year to year. The leaves vary in size and shape. They are 1-10 cm long and can be sword shaped or oval. The flowers are a rough haired group of nodding flowers. The fruit is a capsule 10 cm long.

## HABITAT

It is a cool temperate plant.

## NOTES

It is the national flower of Greenland.

## REFERENCES

Bowser, M., 2017, Handout on Edible Plants of the Kenai Peninsula. USFWS Kenai National Wildlife Refuge p 15 (As Chamerion latifolium)

**PROVIDED BY** **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/1f08904f-bac2-4dec-80f0-f120c2e65ca9