PLANT FACT SHEET

Solidago gigantea Aiton

GENUS *Solidago* **FAMILY** Asteraceae

COMMON NAMES Giant goldenrod

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Seeds

The leaves can be cooked and eaten.
The dried leaves can be used for tea.
The flowers can be added to salads.
The seeds can be used to thicken gravies and soups.

DESCRIPTION

An erect herb. The stems are bluish-green. They grow 50 cm to 2 m tall. The leaves are near the base and are long ans sword shaped. The flowers are yellow in flat topped flower arrangements that curve over.

HABITAT

It is a temperate plant. It grows in moist open thickets.

REFERENCES

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

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

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 342

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/1f14fb35-5563-47bb-b59b-8163ad8c9e69