PLANT FACT SHEET

Aruncus dioicus (Walter) Fernald

GENUS *Aruncus* **FAMILY** Rosaceae

COMMON NAMES Buck's beard

EDIBLE PARTS AND USES

Edible parts: Shoots, Vegetable, Leaves

The young shoots are used as a vegetable. They are also added to soup. They are often blanched or dried and parboiled.
They are also used to make a drink.

DESCRIPTION

A herb.

HABITAT

It is a temperate or Mediterranean climate plant.

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