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.

Eschscholzia californica Cham.

GENUS *Eschscholzia* **FAMILY** Papaveraceae

COMMON NAMES Californian Poppy, Cup of Gold

EDIBLE PARTS AND USES

Edible parts: Leaves

CAUTION: Because it contains alkaloids, it should be eaten with caution.
The boiled and roasted leaves are eaten. They are bitter. They are left lying in water to remove bitterness.

DESCRIPTION

An annual plant. It grows 20-30 cm high and 15-20 cm wide. The leaves are feather like and blue-green. The stems are thin. The flower buds are pointed. The open flowers are cup-shaped and 8 cm across. The petals are silky looking. They are usually orange but can be purple, crimson or white. There are named varieties.

HABITAT

It is a temperate plant. It is frost hardy. It does best in full sun. It can grow in sandy soils. The soils need to be well drained. It can grow with moderate moisture or in fairly dry places. It does not do well in humid regions. It can grow in arid places. It suits hardiness zones 6-10.

PRODUCTION

Cultivation

Plants are grown from seed. It is difficult to transplant. Therefore seed are sown directly in the field.

NOTES

There are 8 or 10 Eschscholzia species. It can be invasive. It is the official flower of California. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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