PLANT FACT SHEET

Claytonia lanceolata Pall. ex Pursh

GENUS *Claytonia* **FAMILY** Montiaceae

COMMON NAMES Western spring beauty, Lanceleaf spring beauty

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Corms

The corms are eaten raw or cooked.
The leaves can be eaten fresh or in salads. They can be cooked for 10-15 minutes and eaten as a vegetable.

DESCRIPTION

A small herb. It grows 5-15 cm high. It has a corm 1 cm thick. The leaves at the base are usually about 2 and are oblong or sword shaped. The stems have 2 opposite leaves without stalks. They are broadly sword shaped. The flowers are at the end. There are a few flowers in a cluster. The petals are red coloured with purple veins. The fruit are 1 celled capsules with 3 valves.

HABITAT

It is a temperate plant. It grows high in the Rocky Mountains.

PRODUCTION

Cultivation

Plants can be grown by seeds.

NOTES

They have also been put in the family Portulacaceae.

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