PLANT FACT SHEET

Sedum roseum (L.) Scop. ex Sprague

GENUS *Sedum* **FAMILY** Crassulaceae

COMMON NAMES Roseroot, Golden root, Rosy-flowered stone crop

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves, Stems

The young succulent leaves and shoots are eaten raw in salads or steamed and served as a vegetable. They can also be pickled of served in oil.
The stems can be cooked and eaten like asparagus.
The roots are boiled, seasoned with butter and served with meat or fish. They are pickled.

DESCRIPTION

A small herb that keeps growing from year to year. It has a branching rootstock. Each branch produces a leafy annual stem. It grows 5-75 cm high and spreads 5-75 cm wide. It has thick, branching underground stems or rhizomes. These are fragrant when cut. The leaves are egg shaped or oblong and succulent. They can have a red tinge. The edges can have teeth. There are usually 1-3 flowering stems. These produce 25-70 greenish yellow flowers. The flowers are 6 mm across. The flowers are in flat topped clusters. The central flower of each cluster blooms first. Male and female flowers can be in different parts of the cluster Male flowers are yellow and female flowers are purple. The seed pods are plump and erect. They are reddish-purple.

HABITAT

An alpine and cold temperate plant. It grows in moist rocky or gravelly sites. It is native to dry sandy ground at higher altitudes and subarctic areas. It suits hardiness zones 1-8.

PRODUCTION

Cultivation

Plants can be grown by seeds.

NOTES

There are about 400 Sedum species.

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