PLANT FACT SHEET

Solidago odora Aiton

GENUS *Solidago* **FAMILY** Asteraceae

COMMON NAMES Sweet goldenrod, Blue mountain tea

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Flowers - tea

The leaves have a sweet smell and are dried and made into licorice or anise scented tea.
The dried flowers are used for tea.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. It suits hardiness zones 3-9.

NOTES

There are about 100 Solidago species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2fb67aa6-28e2-4d5c-a18f-326ff8c2ac11