PLANT FACT SHEET

Hydrophyllum canadense L.

GENUS *Hydrophyllum* **FAMILY** Boraginaceae

COMMON NAMES John's cabbage, Bluntleaf waterleaf, Shawanese salad

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Shoots

The root is eaten in times of famine.
The young leaves and tips are sometimes eaten raw. They are mostly cooked.

DESCRIPTION

A her. It has a long rhizome. The stems are 30-50 cm long. The lower leaves on the stem are 10-20 cm long and wide. They are heart shaped at the base. They have 5-9 lobes like fingers on a hand. The flowers are in clusters and are white or purplish.

HABITAT

It is a temperate plant.

NOTES

Also put in the family Hydrophyllaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/30954ce3-326b-4b17-b718-319e7ed1d833