PLANT FACT SHEET

Potentilla erecta (L.) Raeusch.

GENUS *Potentilla* **FAMILY** Rosaceae

COMMON NAMES Tormentil

EDIBLE PARTS AND USES

Edible parts: Root, Rhizomes, Flavouring, Shoots

The roots are dried and used for tea. The roots are boiled to remove the tannin as a gum and the roots are then eaten.
It is also added to Russian vodka.
The young shoots are used in salads.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 30 cm tall and spreads 20 cm wide.

HABITAT

It is a temperate plant. It grows in grassland, heath and mountain tops. It grows in light acid soil. It is hardy to hardiness zone 5.

NOTES

There are about 500 Potentilla species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/329c5a30-76cc-408d-ab8c-5e8980c97dbd