PLANT FACT SHEET

Veratrum viride Aiton

GENUS *Veratrum* **FAMILY** Melanthiaceae

COMMON NAMES Indian poke, White Hellebore

EDIBLE PARTS AND USES

Edible parts: Leaves

CAUTION: Probably very poisonous.
The leaves are used to make soup.

DESCRIPTION

A bulb plant.

HABITAT

It is a temperate plant.

NOTES

Caution: False hellebore (Veratrum eschscholtzii) is very poisonous. Porsild, A.E., 1974, Rocky Mountain Wild Flowers. Natural History Series No. 2 National Museums of Canada. p 106

REFERENCES

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 672

Hort. kew. 3:422. 1789

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 590

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/33e18b01-cb83-437a-851d-8c2d6f52db7a