PLANT FACT SHEET

Maianthemum dilatatum (Alph. Wood) A. Nelson & J. F. Macbr.

GENUS *Maianthemum* **FAMILY** Asparagaceae

COMMON NAMES Wild lily of the valley

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The fruit are eaten as casual foods.

DESCRIPTION

A low plant that keeps growing from year to year. The rhizome or underground stem is slender and branching. The stems are 10-25 cm tall. There are usually one leaf near the base and two near the top. The leaves are broad, smooth and heart shaped. The flowers are small and white. The flowers are in a cluster at the top of the plant. The fruit are round berries.

HABITAT

It is a temperate plant. It grows in moist, shaded woods and swampy areas.

NOTES

There are 35 Maianthemum species.
Also put in the family Malvaceae, Convallariaceae and Liliaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/36eec1a8-c080-458f-9228-c3913c683384