PLANT FACT SHEET

Sedum ternatum Michx.

GENUS *Sedum* **FAMILY** Crassulaceae

COMMON NAMES Mountain stonecrop

EDIBLE PARTS AND USES

Edible parts: Stems, Leaves

Young stems and leaves can be eaten raw or cooked

DESCRIPTION

A succulent herb. It grows 15 cm tall. The stems will creep along the ground forming dense mats. The flowers are white.

HABITAT

It is a temperate plant. It suits hardiness zones 3-8.

REFERENCES

Jackes, D. A., 2007, Edible Forest Gardens
North Carolina Extension Gardener Plant Toobox

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International
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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3968ec30-4856-43e1-a8ec-30c08b59bafa