PLANT FACT SHEET

Gaultheria hispidula (L.) Muhl. ex Bigelow.

GENUS *Gaultheria* **FAMILY** Ericaceae

COMMON NAMES Creeping Snowberry, Moxie-plum

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - tea

The fresh leaves are used for tea. They can also be eaten fresh or cooked.
The juicy berries can be eaten raw or cooked.
They can be used for preserves but need pectin for jam.
Caution: Oil of wintergreen can be toxic and should not be eaten in large amounts.

DESCRIPTION

A small creeping plant. It keeps growing from year to year. It grows 10-30 cm long. The leaves are alternate and simple. They are oval and dark green above and pale underneath. Underneath it is dotted with brown hairs. The leaves are about 5 mm long and are rolled under at the edges. The flowers are small and white. They are about 2 mm long. They occur singly in the axils of the leaves. They are cup shaped. The fruit is a white mealy berry. They are up to 1 cm across. The fruit are edible.

HABITAT

It is a cool temperate plant. It grows in evergreen mossy woods. It grows on bogs and logs. It can grow in fairly wet soils. It suits hardiness zone 3.

PRODUCTION

Cultivation

Plants are grown from seeds.

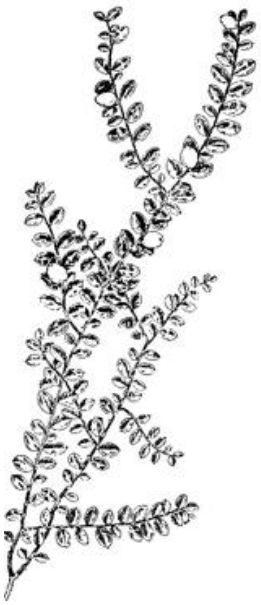
Harvesting and Seed Production

It is relatively fast growing.

NOTES

There are about 170 Gaultheria species. It contains salicylic acid.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/39b393bd-ad28-4b25-a245-0af3648706dd