PLANT FACT SHEET

Petasites hyperboreus Rydb.

GENUS *Petasites* **FAMILY** Asteraceae

COMMON NAMES Arctic sweet coltsfoot

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Salt, Stem

The leaves and flowers are eaten raw in salads or cooked as a potherb.

DESCRIPTION

A stout herb. It keeps growing from year to year. It has a creeping rootstock. It is somewhat fleshy. The leaves at the base have long leaf stalks. The leaf blades are heat shaped or triangle shaped with irregular lobes. They are deep green above and have a blue covering underneath. The flower stalks are 30-40 cm tall. There can be several heads of flowers in a flat topped cluster.

HABITAT

It is a temperate plant. It grows in damp alpine meadows and in wet moss near small streams in the Rocky Mountains.

REFERENCES

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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/3cc2c313-860a-47ac-95ea-55b30253c0f3