PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Food Plants International: Possibly not edible.

Polytrichum commune Hedw.

GENUS *Polytrichum* **FAMILY** Polytrichaceae

COMMON NAMES Common haircap moss

EDIBLE PARTS AND USES

Probably not edible.

DESCRIPTION

A moss. It can be 30-70 cm tall. It is dark green and turns brown with age. The stems can form tufts.

HABITAT

It is a temperate plant. It suits hardiness zones 2-10.

NOTES

Medicine - the tea is used to dissolve kidney stones.

REFERENCES

Jackes, D. A., 2007, Edible Forest Gardens

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/40f61ce2-910d-48ca-a884-1d98c6ca046a