PLANT FACT SHEET

Sedum sediforme (Jacq.) Pau

GENUS *Sedum* **FAMILY** Crassulaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers - tea

The leaves are eaten raw in salads and are also stewed. They are also pickled.
The flowering parts are used for tea.

DESCRIPTION

A small succulent, evergreen herb. It grows 20-60 cm high and spreads 30-60 cm wide. It forms a mound. The leaves are small and fleshy. They are lance shaped. The flowering stems are erect. The flowers are green to yellow in heads.

HABITAT

It is a warm temperate to subtropical plant. It suits hardiness zones 8-11.

NOTES

There are about 400 Sedum species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/446eb1b2-7437-42e6-bf97-e3ec607ca0c5