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.

Aruncus dioicus var. dioicus

GENUS *Aruncus* **FAMILY** Rosaceae

COMMON NAMES Goat's beard

EDIBLE PARTS AND USES

Edible parts: Leaves, Sprouts, Stem, Flowers

The young leaves, buds and stems are eaten as a potherb.
Caution: The leaves are poisonous.

DESCRIPTION

A perennial plant. It grows 1.2-1.8 m high and 90-120 cm wide. The leaves are compound and light green. The flowers are tiny and in long plumes. Male and female flowers are carried on separate plants. The male flowers are white and female flowers are cream.

HABITAT

It is a temperate climate plant. It is best in a moist location in light shade. It is resistant to frost. It is affected by drought. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

Plants can be grown from seed or by division.

NOTES

There are 2 or 3 species of Aruncus.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4e5f7f17-ca3c-47a5-954f-479a10f4ad97