PLANT FACT SHEET

Lewisia rediviva Pursh.

GENUS *Lewisia* **FAMILY** Portulacaceae

COMMON NAMES Bitterroot, Butter-root, Spatlum

EDIBLE PARTS AND USES

Edible parts: Root

The roots are eaten after boiling or roasting. They are peeled to remove the bitter rind.
The roots are also dried and ground into a meal. The bitterness is reduced if plants are stored for about 2 years.

DESCRIPTION

A small plant. The roots are fleshy. It grows 10 cm high and spreads 20 cm wide. It loses its leaves during the year. The leaves are in a dense tuft near the base. They are narrow and 5 cm long. The flowers are white. They occur singly and are 5 cm across. They have up to 6 petals. They can be pink, purple or white.

HABITAT

It is a temperate plant. In Canada it grows in dry, gravely or sandy soils in the plains and lower mountains. It suits hardiness zones 4-9.

PRODUCTION

Harvesting and Seed Production

The starchy roots are harvested just before plants flower. The outer layer is bitter and is peeled off. The roots are then cooked. The roots can be dried then soaked before use.

NOTES

There are 20 Lewisia species.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/54f375bf-74d2-4476-9e1f-e3753413f1cf