PLANT FACT SHEET

Dryas octopetala Linn.

GENUS *Dryas* **FAMILY** Rosaceae

COMMON NAMES Mountain avens, Wild betony

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers

The leaves are used for tea.
The flowers are eaten as a snack.

DESCRIPTION

An evergreen mat forming shrub. It grows 8-10 cm high and spreads 100 cm wide. The leaves are shiny and oak shaped. They are white underneath. They turn bronze in winter. The flowers are fairly large and white. The flower stems are 10 cm long. They are in fluffy seed heads.

HABITAT

It is a cool temperate plant. It suits hardiness zones 3-9. It grows in the European Alps as well as in Arctic regions. It suits slightly alkaline, moist, well-drained soils. It grows in an open sunny position. It is resistant to frost but sensitive to drought.

PRODUCTION

Cultivation

Plants can be grown by division, cuttings or freshly sown seed.

NOTES

There are 3 Dryas species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Abbet, C., et al, 2014, Ethnobotanical survey on wild alpine food plants in Lower and Central Valais (Switzerland). Journal of Ethnopharmacology 151 (2014) 624–634

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 364

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 515

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 198

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 283

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 90

Jackes, D. A., Edible Forest Gardens

Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutritional values of wild Swedish plants that can be used as food in emergency situations"

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74 (As Dryas caucasica)

Ryan, S., 2008, Dicksonia. Rare Plants Manual. Hyland House. p 100

Sp. pl. 1:501. 1753

Svanberg, I., et al, 2012, Edible wild plant use in the Faroe Islands and Iceland. Acta Societatis Botanicorum Poloniae 81(4): 233-238

Uphof,

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/5766953a-d6f4-476c-ac72-a63d960a12b8