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.

Fritillaria verticillata Willd.

GENUS *Fritillaria* **FAMILY** Liliaceae

COMMON NAMES Baimo

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root, Bulb

The young plants, petals and flower buds are parboiled and used in soups, and seasoned potherbs. They are also cooked with soy sauce.
The bulbs are eaten fried or candied.
Caution: Most fritillarias are poisonous if eaten.

DESCRIPTION

A bulb plant. It grows 60 cm high. The leaves are slender and mid green and in rings. There are 2 leaves opposite each other at the base then 4-7 leaves in a ring. The flowers are in loose spikes or up to 15 bell shaped flowers. They are white with faint green lines.

HABITAT

It is a temperate plant. It is native to the mountains of Central Asia. It grows in gravelly meadows between 1,300-2,000 m above sea level. It suits hardiness zones 5-9.

NOTES

There are about 100 Fritillaria species.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/58042d0b-6324-4bd4-ad6c-ce98dd6ae58e