PLANT FACT SHEET

Valeriana dioica L.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Marsh Valerian

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

The dried and powdered roots and leaves are used as a flavouring.

DESCRIPTION

A herb. It grows 10-40 cm high.

HABITAT

It is a temperate plant. It grows in moist conditions and near the banks of streams.

NOTES

Also put in the family Valerianaceae.

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Turner, N., 1997, Food Plants of Interior First Peoples. Royal BC Museum Handbook p 169

PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5862b059-eb60-45f7-a718-f0293da7323f