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.

Kalmia microphylla (Hook.) Heller

GENUS *Kalmia* **FAMILY** Ericaceae

COMMON NAMES Alpine laurel

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used to make tea.
Caution: Most Kalmias are very poisonous.

DESCRIPTION

A shrub. It grows 50 cm tall. The leaves are opposite and sword shaped. The edges are rolled. The flowers are pink and purple and bell shaped.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 292

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5b6feeb5-2e91-4af1-b60a-67434937401e