PLANT FACT SHEET

Aletris farinosa L.

GENUS *Aletris* **FAMILY** Nartheciaceae

COMMON NAMES Unicorn root, Ague-root, Blazing Star, Colic-root, Crow-corn, Star Grass

EDIBLE PARTS AND USES

Edible parts: Root, Bulbs

The bulb is eaten cooked and has a bitter taste. It needs to be dried first.

DESCRIPTION

A perennial plant which grows up to 60 cm high and 15 cm across. The leaves are narrow and sword shaped. The rootstock is horizontal and thick and fibrous. The flowers are white and bell shaped. They occur as several together in a spike at the top of the plant. The fruit are oval capsules.

HABITAT

It grows naturally in South-eastern North America especially on sands and gravels near the seashore. It prefers a damp sunny position with leaf mould. Plants are hardy to -15°C.

PRODUCTION

Cultivation

Plants can be grown from seed or by division of the clump.

NOTES

There are 10-21 Aletris species. It is used in medicine. They are also put in the family Haeodoraceae and Melanthiaceae.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5b8d5e02-0ecc-4ee8-b1cb-95e3b44a1fe0