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.

Sisyrinchium angustifolium P. Mill.

GENUS *Sisyrinchium* **FAMILY** Iridaceae

COMMON NAMES Narrow-leaf blue-eyed grass

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves have occasionally been cooked and eaten along with other leaves.
Caution: They should not be eaten in large amounts.

DESCRIPTION

A herb that forms clumps. The stems are flat or 2 sided. It grows 50 cm tall.

HABITAT

In Canada it grows in moist meadows and along streams. It can grow from low elevations to mountain regions.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 202

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 532

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5efef340-03ac-41ba-9806-93910cdabfe9