PLANT FACT SHEET

Spiraea alba Du Roi

GENUS *Spiraea* **FAMILY** Rosaceae

COMMON NAMES White meadowsweet

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Leaves

The leaves can be used in soup. They are also used to make tea.

DESCRIPTION

A shrub. It forms clumps. They grow in groups. It grows 1-2 m tall. The leaves are alternate and 8 cm long by 2 cm wide. They are narrowly oval and have sharp teeth along the edge. Leaves are pale green underneath. The flowers are 6 mm across and have 5 white petals. There are 20 or more stamens.

HABITAT

It is a temperate plant. It grows in swamps and marshes.

REFERENCES

http://www.botanic-gardens-ljubljana.com/en/plants

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 541 (As Spiraea alba var. latifolia)

www.wildediblefood.com (As Spiraea alba)

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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/60b59d73-b0bb-4d54-878b-2a56fc0cb19e