PLANT FACT SHEET

Valeriana sitchensis Bong.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Sitka Valerian

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

The thick rootstock is used for food. It needs to be well cooked.
The seeds are eaten.

DESCRIPTION

A smooth herb. The rootstock is fleshy. The leaves are opposite and have leaflets along the stalk. The flowering stems are 40-80 cm high. They can occur singly or as a few together. The small white flowers occur in a rounded head. The fruit is dry and has feathered bristles.

HABITAT

It is a temperate plant. It grows in alpine regions in the Rocky Mountains.

NOTES

Also put in the family Valerianaceae.

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