PLANT FACT SHEET

Edibility uncertain

It has not been confirmed that this plant is safe to eat. Do not eat it on the strength of this fact sheet alone.

Diphasiastrum tristachyum (Pursh) Holub

GENUS *Diphasiastrum* **FAMILY** Lycopodiaceae

COMMON NAMES Ground cedar

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

DESCRIPTION

A club moss. It has horizontal stems buried 5-12 cm underground. They are 1.5-3.2 mm wide. The leaves are spoon shaped and 1.8-3.5 cm long by 1.1-1.5 cm wide.

HABITAT

It is a temperate plant.

REFERENCES

Toupal, R. S. & Hollenback, K., 2009, An Ethnobotany of Indiana Dunes National Lakeshore: Plant Uses of the Ojibwa People. Bureau of Applied Research in Anthropology. University of Arizona (As Lycopodium tristachyum)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/643da4f9-a2cd-42dd-9eb8-bcbb0cab9855