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 montanum Greene

GENUS *Sisyrinchium* **FAMILY** Iridaceae

COMMON NAMES Mountain 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 has wings along the edges. The leaves are 3 mm wide. The capsules are 5-6 mm long.

HABITAT

It is a temperate plant. It grows in moist open sites.

REFERENCES

http://www.botanic-gardens-ljubljana.com/en/plants
MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 201

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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/66197e7b-99a8-4b86-8a2d-04e4d4f8a647