PLANT FACT SHEET

Heuchera glabra Willd. ex Roem. & Schult.

GENUS *Heuchera* **FAMILY** Saxifragaceae

COMMON NAMES Alpine heuchera, Alpine Alumroot

EDIBLE PARTS AND USES

Edible parts: Leaves

The roots are chopped and added to soups and pies.

DESCRIPTION

A herb that forms tufts. It grows 15-60 cm tall. The leaves at the base are widely heart shaped with 5 lobes and teeth long the edge. The leaves on the stem are smaller. The flowers are in wiry sprays on slender stalks.

HABITAT

It is a temperate plant.

NOTES

There are 55 Heucheria species.

REFERENCES

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 46

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

Syst. veg. 6:216. 1820

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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/67c96e4e-663c-414e-850d-ee3429f817ac