PLANT FACT SHEET

Ceanothus americanus Linn.

GENUS *Ceanothus* **FAMILY** Rhamnaceae

COMMON NAMES New Jersey tea, Jersey-tea ceanothus, Mountainsweet, Red root, Wild snowball

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The dried leaves are used as a tea substitute.

DESCRIPTION

A small deciduous shrub. It grows 0.6-1 m high and spreads 45 cm wide. The roots are tough and dark red. The leaves are slender and oval. They are 10 cm long. The flowers are white in dense panicles. The fruit is a triangle shaped seed pod.

HABITAT

It is a temperate plant. It needs well-drained soil. It can tolerate poor soils but not alkaline conditions. It suits hardiness zones 7-9.

PRODUCTION

Cultivation

It can be grown by seed or cuttings. Plants can be cut back.

Harvesting and Seed Production

The leaves are gathered while the plant is in full bloom. They are then dried in the shade.

NOTES

There are about 55 Ceanothus species. The roots are used in medicine. The leaves are caffeine free.

PICTURES



Credit: Food Plants International (Bruce French)



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