PLANT FACT SHEET

Alchemilla xanthoclora Rothm.

GENUS *Alchemilla* **FAMILY** Rosaceae

COMMON NAMES Lady's Mantle, Lion's foot

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are mixed with Polygonum bistorta and Persicaria vulgaris for making Lenten pudding
The young leaves are cooked as a vegetable.

DESCRIPTION

A clump forming herb. It grows 30-50 cm high and 40-60 cm wide. The leaves are kidney shaped. They are yellow-green and have teeth along the edge. The leaves have 9 to 11 lobes. They are hairy underneath. The flowers are yellow-green.

HABITAT

A temperate plant. It suits hardiness zones 5-9.

NOTES

There are about 250-300 Alchemilla species. It is used in medicine.

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