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.

# *Equisetum braunii* J. Milde

**GENUS** *Equisetum* **FAMILY** Equisetaceae

**COMMON NAMES** Giant horsetail

## EDIBLE PARTS AND USES

**Edible parts:** Shoots

The young shoots are peeled, washed, soaked in cold water and eaten.

## DESCRIPTION

A herb.

## HABITAT

It is a temperate plant.

## REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 216 (As Equisetum telmateia subsp. braunii)

**PROVIDED BY** **Food Plants International**

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/6a26dc45-3ef8-4730-8113-a21ce38ff8c4