PLANT FACT SHEET

Erigeron philadelphicus L.

GENUS *Erigeron* **FAMILY** Asteraceae

COMMON NAMES Philadelphia fleabane

EDIBLE PARTS AND USES

Edible parts: Leaves

The young plants can be boiled and eaten.
Caution: They should not be eaten by pregnant women.

DESCRIPTION

A herb. It grows 15-80 cm tall. It can live for a few years. The leaves near the base are hairy and 15 cm long. They clasp the stem. The stem is hairy and has smaller leaves. The flowers heads have about 150 tightly packed pink or purple ray flowers around yellow disk flowers.

HABITAT

It is a temperate plant. It grows in fields and open woods.

REFERENCES

Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 23 www.hindawi.com/journals/ijfr/aip/872413.pdf
MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 347

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6a94b587-eb27-40be-87f1-b9fe7b681463