PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Caltha palustris L.

GENUS *Caltha* **FAMILY** Ranunculaceae

COMMON NAMES Yellow marsh marigold, Water buttercup

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root

Caution: It is considered poisonous. Boiling breaks down the poisonous protoanemonin.
The leaves are used as a potherb. They are often boiled in 2 or more changes of water and cooked in a cream sauce. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The pickled flower buds can be substituted for capers. They are pickled.
The flowers are used for wine.
The roots are also eaten. They are boiled and eaten.

DESCRIPTION

A perennial plant. It grows 15-38 cm high and 45-60 cm wide. The roots are long and white. The stems are stout and hollow. The leaves are kidney shaped and deep green. They are 5-18 cm wide. The lower leaves have long stalks while higher leaves do not have stalks. The flowers are cup shaped. They are rich yellow. They can occur singly or in clusters.

HABITAT

A temperate plant. It is frost hardy. It grows along the edges of streams and ditches. It grows in wetlands and swamps. In Nepal it grows at 2,250-4,200 m above sea level. It suits hardiness zones 3-9. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It can be grown by division of the crowns. It can also be grown from seed.

Harvesting and Seed Production

Young plants are collected before flowering.

NOTES

There are about 10 Caltha species. They grow in temperate bogs.

PICTURES



Credit: Food Plants International (Bruce French)

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