PLANT FACT SHEET

Lewisia pygmaea (A. Gray) B. L. Rob.

GENUS *Lewisia* **FAMILY** Portulacaceae

COMMON NAMES Pigmy bitterroot, Bitter root

EDIBLE PARTS AND USES

Edible parts: Root

The roots are peeled and the centre removed then eaten fresh or baked or boiled. The small bitter red section inside near the top is removed. The roots can be dried for later use.

DESCRIPTION

A small herb. It has a long taproot. The leaves are narrow and spread out flat near the ground from the top of the taproot.

HABITAT

It grows high in the Rocky Mountains near the tree line. It can grow on dry or moist gravely slopes.

NOTES

There are 20 Lewisia species. It is a rare plant.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6d295bb9-a3df-4e1c-902f-6bd613868963