PLANT FACT SHEET

Epilobium parviflorum Schreb.

GENUS *Epilobium* **FAMILY** Onagraceae

COMMON NAMES Codlins and cream, Hoary willowherb

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The young leaves are used in salads. They can be cooked as a tea.

DESCRIPTION

A herb that keeps growing from year to year. It is up to 1 m tall. The leaves are usually in rings but do not clasp the stem. The leaves are narrowly oval and 3-12 cm long by 1-3 cm wide. There are teeth along the edge. The flowers are 7-12 mm wide. They are pale purplish-pink.

HABITAT

It is a temperate plant. It grows in damp soil and near streams. In the Mediterranean it rarely grows to sea level. In China it grows between 500-1,800 m above sea level. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It forms new plants from the rings of leaves near the base.

NOTES

There are about 165 Epilobium species. They are mostly temperate.

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