PLANT FACT SHEET

Mimulus guttatus Fisch. ex DC.

GENUS *Mimulus* **FAMILY** Phrymaceae

COMMON NAMES Yellow monkey flower

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The very young leaves and shoots have a slightly bitter flavour and are eaten in salads and sandwiches. They are also steamed and boiled and stir-fried and added to soups.
The bright yellow flowers are an addition to gelatin salads.

DESCRIPTION

A plant which grows in damp places. It is an annual or short lived plant. It can be 40-100 cm high and spread 90 cm wide. It produces stout stems. The leaves are oval and have teeth along the edge. The flowers are yellow but often heavily spotted. The flowers are 2-4 cm long. The fruit is a capsule with 2 valves. It contains many seeds.

HABITAT

It is a temperate plant. They need moist soils rich in organic matter. It is common in streams and ditches. It grows naturally in moist peaty or gravelly places near mineral springs in the Rocky Mountains. It suits hardiness zones 4-8.

NOTES

There are 150 Mimulus species. It has also been put in the family Scrophulariaceae.

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