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.

Anemone narcissiflora L.

GENUS *Anemone* **FAMILY** Ranunculaceae

COMMON NAMES Narcissus Anemone, Narcissus-flower Thimbleweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

CAUTION: This plant is normally considered very poisonous.
The leaves are eaten raw, fermented or in oil.

DESCRIPTION

A small herb. It grows 50 cm high. There are 4-9 leaves. The leaves are in 3 sections and 5 sided or round. They are 3-7 cm long by 4-12 cm wide. The flowers are white and in clusters.

HABITAT

It grows in cold temperate and Arctic zones. In northern China it grows between 1,800-4,000 m above sea level. In Yunnan.

NOTES

There are about 120 Anemone species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/70dfeda5-4124-4ad7-bf8d-b6622785109f