PLANT FACT SHEET

Hedysarum alpinum L.

GENUS *Hedysarum* **FAMILY** Fabaceae

COMMON NAMES Alpine sweetvetch

EDIBLE PARTS AND USES

Edible parts: Root

The root is eaten raw or dried and stored. They can be boiled or roasted. They are usually eaten with oil to avoid constipation.

DESCRIPTION

A herb. It grows 15 cm high. The roots are long and 2 cm across. They are pale yellow and have an attractive smell. The stems are smooth and tall and branching. The leaves are smooth and green. They have 15-20 leaflets along the stalk. The flowers are pale pink. They occur in large numbers. The fruit is a pod which has 3-4 joints. These are 4-6 mm long.

HABITAT

A cold temperate plant. Subarctic. In Canada it grows in alpine regions. It grows in dry and well drained places. In north China it grows in swampy meadows and stony slopes.

PRODUCTION

Cultivation

Roots are harvested just before heavy frosts. They can also be harvested in early spring before shooting.

NOTES

There are about 100 Hedysarum species.

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