PLANT FACT SHEET

Sedum album L.

GENUS *Sedum* **FAMILY** Crassulaceae

COMMON NAMES Small houseleek, Stone crop

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a snack. They add flavour and are used in salads.
Caution: The plant contains 2 alkaloids sedine and sedamine so should not be eaten in large amounts when raw but these get destroyed with cooking.

DESCRIPTION

A small succulent plant. It grows 5-10 cm high and spreads 20-50 cm wide. It spreads and forms mats. It keeps growing from year to year. The leaves are 6-18 mm long. They are narrow and cylinder shaped and often have a red tint. The flowers are small and white and in heads.

HABITAT

It is a temperate plant. It grows on rocky places and stone walls. It suits hardiness zones 6-10.

NOTES

There are about 400 Sedum species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/71568832-d8ca-46fc-97d7-435539557b9f