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.

Equisetum arvense L.

GENUS *Equisetum* **FAMILY** Equisetaceae

COMMON NAMES Field horsetail

EDIBLE PARTS AND USES

Edible parts: Root, Tuber, Stem, bud, Vegetable

CAUTION: It should probably only be used in small amounts or for short periods of time.
The shoots have been eaten cooked as a vegetable and also used to make tea. It is the young spore bearing stems that are used. They can be preserved in oil.
The shoots are used in soup.
The side tubers are added to bread. The tubers are eaten fresh as a snack.

DESCRIPTION

A rush like plant. It keeps growing from year to year. It grows 40-60 cm high and spreads 30-45 cm wide. The stems are in rings which are tightly packed. They are 60 cm tall. They are slightly rough and have furrows along them. There are also branching stems which are short lived. The leaves are fine and feathery and light green.

HABITAT

It is a temperate plant. They grow in wet places. It is best in swampy clayey soils. It needs a protected location. It is resistant to frost and damaged by drought. They spread by branching rhizomes. In China it grows from sea level to 3,700 m above sea level. In the Himalayas it grows between 3,300-4,050 m above sea level. It suits hardiness zones 2-9.

PRODUCTION

Cultivation

Plants can be grown by division.

NOTES

There are about 29 Equisetum species. They grow in cool, damp places. It is used in medicine.

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