PLANT FACT SHEET

Gaultheria humifusa (Graham) Rydb.

GENUS *Gaultheria* **FAMILY** Ericaceae

COMMON NAMES Creeping wintergreen, Alpine wintergreen

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - tea, Leaves

The fruit are eaten raw. They can also be cooked, preserved or used in jams and pies.
The young leaves are cooked and eaten.
The fresh and dried leaves are used for tea.

DESCRIPTION

A small shrub. It grows 20 cm high. It is creeping and forms mats. The leaves are oval to round and 1-2.5 cm across. The flowering shoots are in the axils of leaves and the flowers occur singly. The fruit are 6 mm across. They are red.

HABITAT

It is a temperate plant. It is very hardy to cold. It grows in the rocky mountains between 900-3,700 m above sea level. It suits hardiness zone 7.

PRODUCTION

Harvesting and Seed Production

Plants flower June to July and fruit July to September.

NOTES

There are about 170 Gaultheria species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/76cf499a-e9ae-43c9-831e-d5e178e9eccd