PLANT FACT SHEET

Solidago virgaurea L.

GENUS *Solidago* **FAMILY** Asteraceae

COMMON NAMES Solidago

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - tea

The leaves and flowers are dried and used for tea.

DESCRIPTION

A tall herb. It keeps growing from year to year. It grows 60-150 cm high. The stem at the base is simple and stout. The leaves are the base are sword shaped and with a narrow point. They are 8-20 cm long. They can have rounded teeth. There are only a few leaves on the stem and they do not have leaf stalks. The flowers are in spikes. The flowers are yellow and like a daisy.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

It can be grown by seeds or division of the root.

NOTES

Name possibly virga-aurea

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/79b4f16d-2709-4812-8fc5-0d93d4dab259