PLANT FACT SHEET

Ceanothus herbaceus Raf.

GENUS *Ceanothus* **FAMILY** Rhamnaceae

COMMON NAMES Red root, Inland Ceanothus, Jersey tea, Smaller red-root

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The young leaves and flowers are steeped in boiling water for about 5 minutes then used for tea.

DESCRIPTION

An evergreen shrub or small tree. It grows 0.9-3 m high and spreads 90 cm wide. It loses its leaves during the year. The flowers are small and white. The fruit are dry seed capsules. They turn red in summer.

HABITAT

It is a temperate plant. It suits hardiness zones 4-9.

NOTES

There are about 55 Ceanothus species.

REFERENCES

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Elias, T.S. & Dykeman P.A., 1990, Edible Wild Plants. A North American Field guide. Sterling, New York p 176 (As Ceanothus ovatus)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 190 (As Ceanothus ovatus)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7ad4d5e6-dc11-4aa0-8404-9dcc42f6a132