PLANT FACT SHEET

Achlys triphylla (Sm.) DC.

GENUS *Achlys* **FAMILY** Berberidaceae

COMMON NAMES Vanilla leaf, Sweet-after-death

EDIBLE PARTS AND USES

Edible parts: Leaves - oil, Leaves - flavouring

Small amounts of vanilla substitute have been extracted from the leaves.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 40 cm high.

HABITAT

In grows in conifer forests in mountain regions up to 1,500 m altitude in North America. It is a hardy plant. It is best in light shade. It can grow in a range of soils and a range of soil pH. It needs moist soil.

NOTES

There are 2 Achlys species. It has also been put in the family Podophyllaceae.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 184

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 14

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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/7ba0927b-b48d-4419-b258-c2f3a697441c