PLANT FACT SHEET

Valeriana samolifolia Bert.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Pink plectritis, Oregon corn salad

EDIBLE PARTS AND USES

Edible parts: Leaves

The small basal leaves are eaten in salads.

DESCRIPTION

A herb. It grows each year from seed. It grows 28 cm tall. The leaves are oblong.

HABITAT

It is a temperate plant. In Argentina it grows between 500-1,000 m above sea level. In California it grows in partly shady places.

NOTES

Also put in the family Valerianaceae.

REFERENCES

Anderson, M. K., 2012, Edible Seeds and Grains of California Tribes and the Klamath Tribe of Oregon in the Phoebe Apperson Hearst Museum of Anthropology Collections, University of California, Berkeley. USDA p 70
(As Plectritis congesta)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 243 (As Plectritis congesta)

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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/7eb5015a-6523-4d54-ae86-61a1f1f76c5b