PLANT FACT SHEET

Rhodiola integrifolia Raf.

GENUS *Rhodiola* **FAMILY** Crassulaceae

COMMON NAMES Western roseroot

EDIBLE PARTS AND USES

Edible parts: Stems, Leaves, Rhizome, Root

The young leaves and stems and eaten raw in salads or cooked as a potherb. They are also fermented and stored.
The rhizome can be cooked by boiling and eaten.

DESCRIPTION

A succulent herb. It forms tufts and keeps growing from year to year. The roots are thick and fleshy. The stems are 15-30 cm tall. The leaves are oblong and have teeth along the edge.

HABITAT

It is a cold temperate plant. It grows in rocky areas in alpine regions.

REFERENCES

Jernigan, K. A., et al, 2017, Naukan ethnobotany in post-Soviet times: lost edibles and new medicinals. Journal of Ethnobiology and Ethnomedicine (2017) 13:61

Porsild, A.E., 1953, Edible Plants of the Arctic, Arctic 6:15-34, page 28

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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/82aa69ea-1122-4774-8de2-8c3beac75201