PLANT FACT SHEET

Equisetum pratense Ehrh.

GENUS *Equisetum* **FAMILY** Equisetaceae

COMMON NAMES Meadow horsetail

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Tubers

CAUTION:
The roots are eaten with oil. The roots are also stored and used later.
The leaves are dried for a tea drink.

DESCRIPTION

A medium sized herb.

HABITAT

It is a temperate plant. In northern China it grows along the edges of streams between 500-2,800 m above sea level.

NOTES

There are about 25 Equisetum species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/86166d5a-50d7-4d6c-b28b-40b8ac001aa8