PLANT FACT SHEET

Scrophularia nodosa L.

GENUS *Scrophularia* **FAMILY** Scrophulariaceae

COMMON NAMES Knotted Figwort, Common figwort

EDIBLE PARTS AND USES

Edible parts: Root

The bitter element is removed and then the starch of the root is extracted to extend flour for bread.

DESCRIPTION

A herb that keeps growing from year to year. It has underground stems or rhizomes that are fattened like tubers. It grows 40 cm -1.2 m high. It spreads 15-40 cm wide. The stem is erect and square and has few branches. The leaves are opposite, oval and pointed. There are teeth around the edge. The flowers are purple and white. They are round and in panicles at the ends of the branches. The fruit are oval capsules.

HABITAT

It is a temperate plant. It does best in moist, well-drained soil. It needs a protected, shady position. It is resistant to frost but sensitive to drought.

PRODUCTION

Cultivation

Plants can be grown from seed.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8794f816-9f2f-417b-96d1-ed6f9874f306