PLANT FACT SHEET

Poisonous

This plant, or parts of it, can be poisonous. Do not eat it unless you know which parts are safe and how they must be prepared.

Convallaria keiskei Miq.

GENUS *Convallaria* **FAMILY** Asparagaceae

COMMON NAMES Lily of the valley

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

Caution: This plant may well be poisonous. It contains glycoside compounds which stimulate the heartbeat.

DESCRIPTION

A herb. It is 18-30 cm high. The leaf stalks are 8-20 cm long. The leaf blade is oval and 7-20 cm long by 3-8.5 cm wide. The base is wedge shaped and it tapers to the tip. The flowers are white. The fruit is a berry. It is red at maturity. It is 6-12 mm across. POISONOUS.

HABITAT

Temperate. It grows in moist places in forests on shady hillsides between 800-2500 m altitude in N China. It suits hardiness zones 3-9.

NOTES

Authorities differ over whether there is one or three Convallaria species. It is used in medicine.
Also put in the family Convallariaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8b89894b-ab67-4157-8387-dd6a8bd28eaa