PLANT FACT SHEET

Solidago canadensis var. lepida (DC.) Cronquist

GENUS *Solidago* **FAMILY** Asteraceae

COMMON NAMES Western Canada golden rod

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are steeped for a drink or added to herbal teas. They are also used for pancakes and fritters.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Lim, T. K., Edible Medicinal and Non-Medicinal Plants Volume 7 Flowers

PROVIDED BY **Food Plants International**

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/8baf24cc-6bd9-40fc-b5fe-8d101526ead9