PLANT FACT SHEET

Sedum maximum (L.) Suter

GENUS *Sedum* **FAMILY** Crassulaceae

COMMON NAMES Orpine, Livelong

EDIBLE PARTS AND USES

Edible parts: Tuber, Root, Leaves, Shoots

The side tubers, leaves and young shoots are cooked and eaten in soups and salads.

DESCRIPTION

A herb.

HABITAT

It is a temperate climate plant.

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Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutritional values of wild Swedish plants that can be used as food in emergency situations"

Kalle, R. & Soukand, R., 2012, Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s) Acta Societatis Botanicorum Poloniae 81(4):271-281

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8d86187a-240d-42e9-9137-9bcaafebb755