PLANT FACT SHEET

Eriogonum umbellatum Torr.

GENUS *Eriogonum* **FAMILY** Polygonaceae

COMMON NAMES Umbrella plant, Wild buckwheat

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

DESCRIPTION

A small plant that keeps growing from year to year. It grows 10 to 30 cm high. The leaves near the base are usually spoon shaped. They have white hairs underneath. The leaves on the stem are in a ring near the top of the stem. The stem divides into 6 or more smaller stalks near the top. The flowers are in umbrella like clusters at the top. The are pale green or yellow

HABITAT

It grows on exposed sites up to alpine regions in Canada.

REFERENCES

Scotter, G. W., & Flygare, H., 1993, Wildflowers of the Canadian Rockies. Hurtig. p 44

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/8e255715-f0a1-4759-a4e5-2faf8d4e2d94