PLANT FACT SHEET

Filipendula ulmaria (L.) Maxim.

GENUS *Filipendula* **FAMILY** Rosaceae

COMMON NAMES Meadowsweet, Queen of the meadows

EDIBLE PARTS AND USES

Edible parts: Flowers - flavouring, Leaves, Root, Tea

The roots are eaten as a staple.
The flowers and leaves are used to flavour beers, wines and stewed fruit.
The flowers are also made into syrup. It can be used for drinks, fruit salad or topping for ice cream.
The young leaves, flowers and roots are brewed into tea.
Caution: It should not be used by people sensitive to aspirin.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 50-125 cm tall and 30-60 cm wide. The stems are erect and reddish. The leaves are dark green above and silvery underneath. The leaves have leaflets along the stalk. The leaves are elm like. There are 5 pairs of larger leaflets. There are teeth along the edge. The flowers are small and creamy white. They have a sweet smell. They are in dense groups.

HABITAT

A temperate plant. It is frost hardy. It will grow in Arctic Russia. It does best in moist places. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

Plants can be grown by seed. They need a temperature above 10-13°C to germinate but need a treatment of cold before then. Plants can be grown by division or by root cuttings.

NOTES

There are about 10 Filipendula species. It was from this plant that aspirin was first isolated.

PICTURES



Credit: Food Plants International (Bruce French)

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