PLANT FACT SHEET

Xerophyllum tenax (Purs.) Nutt.

GENUS *Xerophyllum* **FAMILY** Melanthiaceae

COMMON NAMES Indian basket grass, Bear grass

EDIBLE PARTS AND USES

Edible parts: Root, Rhizome

The rhizomes are stringy but edible. They are best roasted or boiled.

DESCRIPTION

A herb. It grows up to 1.5 m high. It is smooth and light green. It keeps growing from year to year. It has a thick rootstock. There are many lower leaves which are long, tough and narrow. They are 2-4 mm wide. The leaves on the stem are like needles and much shorter. The flowers occur as many together in a long raceme. The lower flowers open first. The fruit is an oval capsule.

HABITAT

It is a temperate plant. It grows on dry hillsides and subalpine meadows in the Rocky Mountains.

REFERENCES

Cormack, R. G. H., 1967, Wild Flowers of Alberta. Commercial Printers Edmonton, Canada. p 46

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 192

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Porsild, A.E., 1974, Rocky Mountain Wild Flowers. Natural History Series No. 2 National Museums of Canada. p 104

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/92c972ce-ce2d-4d59-bdd3-c10e1947e82a