PLANT FACT SHEET

Staphylea trifolia L.

GENUS *Staphylea* **FAMILY** Staphyleaceae

COMMON NAMES American bladder nut, Eastern Bladdernut

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - oil, Nut

The seeds contain a sweet cooking oil.
The seeds are eaten raw or they can be used in chocolate chip cookies.

DESCRIPTION

A shrub. The leaves have 3 leaflets and these are 5-8 cm long. The leaflets have fine points and sharp teeth. There are fine hairs underneath the leaves. The leaves change colour in autumn. The flowers are white and 35 mm long. They are in short panicles. The fruit has 3 lobes.

HABITAT

It is a temperate plant. It suits hardiness zones 5-9.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1369

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 238

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 634

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 837

Krochmal, A. & Krochmal, C., 1982, Uncultivated Nuts of The United States. United States Department of Agriculture Forest Service. p 73

Little, E.L., 1980, National Audubon Society Field Guide to North American Trees. Alfred A. Knopf. p 568

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 71

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

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p154

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/95fc09a9-496f-43f3-9af7-b60cbb0263bf