PLANT FACT SHEET

Artemisia frigida Willd.

GENUS *Artemisia* **FAMILY** Asteraceae

COMMON NAMES Fringed wormwood, Prairie sagewort

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

The leaves are used to flavour corn. They are also steamed with flour and eaten as soup.

DESCRIPTION

A herb. It grows 10-40 cm tall. The leaves are densely woolly. The leaves are finely divided 2 or 3 times. The thin segments are 1 mm wide. The flowers are in yellow nodding heads.

HABITAT

It is a cool temperate plant. It grows on dry prairies. In China it grows on sub-alpine meadows and stable dunes between 1,000-4,000 m above sea level. It suits hardiness zone 2.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9d48a4d2-403a-492e-b1fc-65482439e0d5