PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Caltha leptosepala DC.

GENUS *Caltha* **FAMILY** Ranunculaceae

COMMON NAMES Western marsh marigold, American Marsh Marigold, White-flowered marsh-marigold

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root

Caution:
Only the very young leaves are boiled in 2 changes of water then eaten. They are used as a potherb.
Flower buds are pickled as capers.
The roots are boiled and eaten.

DESCRIPTION

A herb. It keeps growing from year to year. It has a short erect rootstock. It grows 30 cm high and spreads 30 cm wide. The leaves are fleshy and heart-shaped. The flowers occur singly and are silvery white. They are on leafless stalks which stick up above the leaves. The fruiting heads are shaped like a top and contain several pods which contain many seeds.

HABITAT

It grows in wet alpine and subalpine meadows in the Rocky Mountains. It suits cold climates. It is best in a moist, peaty, well-drained soil. It is resistant to frost but damaged by drought. It suits hardiness zones 6-9.

PRODUCTION

Cultivation

Plants can be grown from seed. They can also be grown by division.

NOTES

There are about 10 Caltha species. They grow in temperate bogs.

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