PLANT FACT SHEET

# *Claytonia megarrhiza* (Gray.) Parry.

**GENUS** *Claytonia* **FAMILY** Montiaceae

**COMMON NAMES** Alpine spring beauty, Thick-rooted spring beauty

## EDIBLE PARTS AND USES

**Edible parts:** Flowers, Leaves, Roots

The long fleshy taproot is peeled then boiled or baked then eaten.
The young leaves and flowering tops are eaten raw in salads or cooked as a potherb.

## DESCRIPTION

A herb. It has a thick rootstock. The stems are 10 cm tall. A small spray of leaves and flowers comes from the top of the rootstock. The leaves are spoon shaped. The flowers are 12-20 mm across.

## HABITAT

It is a temperate plant. It grows high in the Rocky Mountains in western North America. It grows on talus and scree slopes. It suits hardiness zones 5-7.

## PRODUCTION

### Cultivation

It can be grown from seeds.

## NOTES

It is a rare plant. They have also been put in the family Portulacaceae.

## 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)

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 273

Elias, T.S. & Dykeman P.A., 1990, Edible Wild Plants. A North American Field guide. Sterling, New York p 92

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 1. p 38

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 187

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 203

Jackes, D. A., Edible Forest Gardens

Kermath, B. M., et al, 2018, 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. p 292

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 24

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 205

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 154

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 70

**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/9ffe48f7-0e4e-4fc3-9cda-46f062af0c7d