PLANT FACT SHEET

Petasites palmatus Ase Gray

GENUS *Petasites* **FAMILY** Asteraceae

COMMON NAMES Palmate butterbur, Sweet coltsfoot

EDIBLE PARTS AND USES

Edible parts: Leaves, bud, Flower stalks, Salt

The young flower stalks before the flowers appear are boiled and seasoned with salt and butter.
The flower buds are cooked and eaten.
The leaf stalks are peeled and eaten.
Ash of the plant is used as a substitute for salt.

DESCRIPTION

A herb. It grows 40 cm tall and 1 m wide. Plants are separately male and female.

HABITAT

It is a temperate plant. It suits USDA hardiness zone 6-10.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a116f984-2074-486c-8d28-414520332cda