PLANT FACT SHEET

Lilium longiflorum Thunb.

GENUS *Lilium* **FAMILY** Liliaceae

COMMON NAMES Easter Lily, Regal lily, Trumpet Lily, White trumpet-lily

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root, Bulb, Vegetable

The bulbs are peeled, parboiled and eaten.
A starch is extracted from the bulb.
The stem, leaves and flowers are also eaten.

DESCRIPTION

A bulb or lily plant. It grows 90-100 cm high and spreads 30-45 cm wide. The leaves are scattered and shiny. They are 18 cm long. The flowers are horizontal and trumpet shaped. They have a strong smell. They are 18 cm long and white with a green stripe in the centre.

HABITAT

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

PRODUCTION

Cultivation

Plants are grown by division of the clump of bulbs.

NOTES

There are about 100 Lilium species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 328

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 183

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 821

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 144

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 184

Jackes, D. A., Edible Forest Gardens

Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26

Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152

Kuo, W. H. J., (Ed.) Taiwan's Ethnobotanical Database (1900-2000), http://tk.agron.ntu.edu.tw/ethnobot/DB1.htm (As var. scabrum)

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 52

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

Tanaka,

Trans. Linn. Soc. London 2:333. 1794

Zeng, Y., et al, 2014, Evaluation of antioxidant activities of extracts from 19 Chinese edible flowers. SpringerPlus 2014, 3:315

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/a467bd26-5831-42d7-b35f-537dd99c51ac