PLANT FACT SHEET

Anemopsis californica (Nutt.) Hook. & Arn.

GENUS *Anemopsis* **FAMILY** Saururaceae

COMMON NAMES Yerba mansa

EDIBLE PARTS AND USES

Edible parts: Root

The roots are wilted then sliced.

DESCRIPTION

A herb which grows in water. It is erect and keeps growing from year to year. The roots have a sweet smell. It grows 38-45 cm tall. It can spread 3 m wide. The leaves are round or oblong. These roots near the base clasp the flower stem. They have long stems. The flowers are white and in a cone shape. They have large white bracts around them.

HABITAT

A tropical plant. It grows in tropical America. It grows in marshes, bogs and moist places up to 1,900 m altitude. It does best in alkaline soils. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

Seeds germinate 5 weeks after they are exposed to water. It can be grown from portions of the rootstock. Rooted small plantlets form along the runners and can be cut off and used.

NOTES

There is only one Anemopsis species. It is used in medicine.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a52da91f-d585-4658-9eec-77c534093715