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.

Clematis vitalba L.

GENUS *Clematis* **FAMILY** Ranunculaceae

COMMON NAMES Traveller's joy, Old man's beard

EDIBLE PARTS AND USES

Edible parts: Leaves, Young buds

The leaves are boiled then used in stews. They are used as a spice. The young sprouts are eaten. The young shoots are pickled and used in omelettes.
CAUTION: Most Clematis contain an irritant poison.

DESCRIPTION

A woody climber. It is like fragrant clematis (Clematis flammula) but more robust. It grows to 30 m long. The leaves are once divided. The leaflets often have teeth. The flowers are greenish-white. The petals are hairy on both surfaces. The fruit are dry and one seeded. They are covered by poufs of white hairs.

HABITAT

It grows in mild temperate climates. It grows in woodland and old hedges. It does best on alkaline or chalky soils in an open sunny position. It is resistant to drought but sensitive to frost. Tasmania Herbarium.

PRODUCTION

Cultivation

It can be grown by cuttings.

NOTES

There are about 250 Clematis species. It can be invasive.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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