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.

Food Plants International: CAUTION. Root - starch

Iris foetidissima L.

GENUS *Iris* **FAMILY** Iridaceae

COMMON NAMES Dagger Flower, Roast beef plant

EDIBLE PARTS AND USES

Edible parts: starch

The starch of the root is a famine food used for extending bread flour, after removal of the bitter element. CAUTION:

DESCRIPTION

A perennial plant. It has fleshy stems. It grows 45-60 cm high and 30-60 cm across. The leaves are dark green. They have a distinctive smell when crushed. The leaves are sword shaped and pointed. The flowers are small and purplish-brown. They are 5-7 cm long. They are on a flattened stem with 2-3 short branches. The fruit are pods which split open to reveal orange seeds.

HABITAT

It is a temperate plant. It is frost hardy. It grows in woods and hedgerows. It suits hardiness zones 7-10.

NOTES

There are about 300 Iris species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a80c4b2c-0c47-4456-8aa3-ae6c01ba8cff