PLANT FACT SHEET

Hydrophyllum virginianum L.

GENUS *Hydrophyllum* **FAMILY** Boraginaceae

COMMON NAMES Virginia waterleaf, Indian salad, Shawnee salad

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots - tea

The young leaves, picked before the flower appears can be boiled for 5-10 minutes in 1 or 2 changes of water then served with vinegar.
The roots can be used to make a tea drink.

DESCRIPTION

A herb. It grows 20-80 cm tall. The leaves are alternate. They are 10-20 cm long and can be mottled green. They are divided along the leaf into 3-7 broad lobes. There are coarse teeth along the edge.

HABITAT

It is a temperate plant. It grows in rich woods and damp clearings. It suits hardiness zones 4-7.

NOTES

Also put in the family Hydrophyllaceae.

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