PLANT FACT SHEET

Catha palustris L.

GENUS *Catha* **FAMILY** Celastraceae

COMMON NAMES Marsh marigold, Kingcup

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves need to be cooked.
They should not be eaten in large amounts.

DESCRIPTION

A herb. It grows 10-80 cm tall. It is fleshy and keeps growing from year to year. It dies down in winter and survives with buds near the surface of marshy soil. The flowering stems are erect and hollow. The leaves are in a ring with long leaf stalks. The leaves are kidney shaped and 3-25 cm long by 3-20 cm wide. The edges can be scalloped or with teeth. The flowering stems are 80 cm long. The flowers are yellow.

HABITAT

It is a temperate plant. It grows in marshes and wet woodland.

NOTES

Not in Kew powo.

REFERENCES

Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutritional values of wild Swedish plants that can be used as food in emergency situations"

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a95e7771-2ce6-4263-a829-3fb90ee6881e