PLANT FACT SHEET

Sedum telephium L.

GENUS *Sedum* **FAMILY** Crassulaceae

COMMON NAMES Live-forever, Orphine

EDIBLE PARTS AND USES

Edible parts: Leaves, Tubers

The young leaves are eaten in salads served with oil and vinegar.
The leaves are also boiled and eaten as a vegetable.
It is used as a vegetable in the preparation of soups.
The tubers can be cooked and eaten. They can be stewed or fried. They can also be pickled.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 50-60 cm high. It has fleshy tubers which produce succulent stems. The stems are not branched. The leaves are fleshy simple and alternate. They grow in rings of three. They are 3-5 cm long. There can be slight teeth along the edge. They are green or light bluish-green. The flowers are in clusters. The petals are reddish-purple. Each flower is about 5-13 mm across. The fruit are small capsules. These split open on one side only.

HABITAT

It is a temperate plant. In Hobart Botanical Gardens.

PRODUCTION

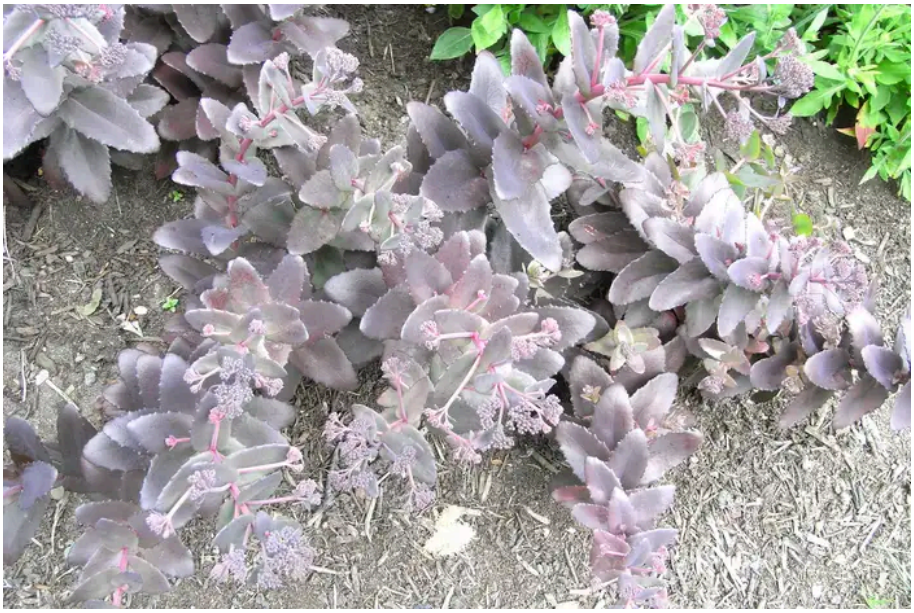
Cultivation

It can be grown by seeds, cuttings or division of tubers. The seeds are small and sown on the surface.

NOTES

There are about 400 Sedum species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/aab85199-d61f-4b44-904e-6f5fd30c2ce1