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.

Lupinus nootkatensis Donn ex Sims

GENUS *Lupinus* **FAMILY** Fabaceae

COMMON NAMES Blue lupin, Nootka lupine

EDIBLE PARTS AND USES

Edible parts: Root, Seeds, Seedpod

Caution: The rhizomes contain toxins that are poisonous if eaten raw. They should be cooked before eating. The roots are peeled and boiled.

DESCRIPTION

An erect branched plant. It keeps growing from year to year. It grows 40-100 cm high. It grows i clumps. The leaves are compound with leaflets spread out like fingers on a hand. The flowers are blue. They are in long clusters at the ends of branches. The seed pods are dark and hairy.

HABITAT

It is a temperate plant. It can grow in a range of places from coastal regions to alpine meadows.

NOTES

There are about 200 Lupinus species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ab7d8996-ec27-4baa-9e66-eaa8d367bc14