PLANT FACT SHEET

Solidago canadensis L.

GENUS *Solidago* **FAMILY** Asteraceae

COMMON NAMES Canadian Golden-rod

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Roots, Flowers - tea, Flowers

The leaves can be used for tea.
The seeds are eaten.
The roots are eaten.
The flowers are steeped for a drink or added to herbal teas. They are also used for pancakes and fritters.

DESCRIPTION

A herb which keeps growing from year to year. It has underground stems or rhizomes and also runners or stolons. The stems are erect. They grow 1.5 m high. The leaves are alternate and simple. They are 10 cm long. They do not have stalks. The leaves have teeth along the edges. The flower head is open and branched. The heads are in line on one side of the branching head. The flowers are yellow.

HABITAT

It is a temperate plant. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

It can be grown from cuttings or division of the plant.

NOTES

There are about 100 Solidago species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b2f51f31-d5cb-498a-876d-c61524b83e9b