PLANT FACT SHEET

Symphyotrichum novae-angliae (L.) G. L. Nesom

GENUS *Symphyotrichum* **FAMILY** Asteraceae

COMMON NAMES New England aster

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The flowers can be eaten fresh and added to salads.
The dry plants are added to salads and other dishes and also used for tea.

DESCRIPTION

A herb. It grows 1.2 m tall. The stem is rough. The leaves clasp the stem. The flowers are purple. There are 50-75 flowers in a group.

HABITAT

It is a temperate plant. It grows in wet swamp areas. It suits hardiness zones 4-8.

REFERENCES

Jackes, D. A., Edible Forest Gardens (As Aster novae-angliae)

Toupal, R. S. & Hollenback, K., 2009, An Ethnobotany of Indiana Dunes National Lakeshore: Plant Uses of the Ojibwa People. Bureau of Applied Research in Anthropology. University of Arizona

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b47b3efc-574e-4f7d-9066-1b6b870b4f73