PLANT FACT SHEET

Maianthemum stellatum (L.) Desf.

GENUS *Maianthemum* **FAMILY** Asparagaceae

COMMON NAMES Star-flowered lily of the valley, Starry False Solomon's-seal

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Root, Bulb

The fruit are chewed and the juice swallowed.
The fruit are eaten preferably cooked.

DESCRIPTION

A small plant. It keeps growing from year to year. The stem is leafy and 10-40 cm high. The rootstock in long. The leaves do not have leaf stalks but clasp the stem. They have very small hairs underneath. The flowers are small and cream-coloured. The fruit are green berries with red stripes. They turn black when ripe.

HABITAT

It is a temperate plant. It grows in damp places in the Rocky Mountains often amongst alders and willows.

NOTES

There are about 25 Smilacina species.
Also put in the family Convallariaceae.

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