PLANT FACT SHEET

Valeriana edulis Nutt. ex Torr. & A. Gray

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Edible Valeriana

EDIBLE PARTS AND USES

Edible parts: Roots, Seeds

The roots are baked or steamed and eaten. They are steamed for 24 hours to remove the unpleasant odour. They can be used in salads, soups, stews or fried. They can be dried and made into flour.
The seeds are also eaten.

DESCRIPTION

A herb. It grows 1-2 m high. It has a strong smell. The stem is four sided. It has a large long root. It is carrot shaped. The leaves are opposite. There are only a few leaves along the stem. Young leaves can have soft hairs. The flowers are yellow, pink or white. It has a large fleshy edible root. It is bright yellow. The fruit are egg shaped.

HABITAT

It is a temperate plant. It grows naturally along streams in the Rocky Mountains in the United States of America.

PRODUCTION

Cultivation

It can be grown by seeds.

NOTES

Also put in the family Valerianaceae.

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