PLANT FACT SHEET

Equisetum sylvaticum L.

GENUS *Equisetum* **FAMILY** Equisetaceae

COMMON NAMES Wood horsetail

EDIBLE PARTS AND USES

Edible parts: Root, Stem

CAUTION:

DESCRIPTION

A herb. The fertile stems can be 20-30 cm tall.

HABITAT

It is a temperate plant. In northern China it grows between 200-1,600 m above sea level. It suits hardiness zones 1-5.

NOTES

There are about 25 Equisetum species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c3cfdfdd-e237-4e21-b6ca-148266d21995