PLANT FACT SHEET

Streptopus amplexifolius (L.) DC.

GENUS *Streptopus* **FAMILY** Liliaceae

COMMON NAMES Claspleaf Twistedstalk, Liver berry

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Root, Stem

The fruit can be eaten raw or cooked in soups and stews or made into jelly.
The roots are sometimes used in salads for the cucumber flavour.
The young shoots are eaten raw in salads or cooked like asparagus.

DESCRIPTION

A herb that keeps growing from year to year. It has a short, fleshy underground stem. It grows 25-90 cm high. There are several leaves. They are at the base and grass-like. They are 5-20 cm long. The flowers are white and small. They are in dense clusters or spikes at the end of the stem. They hang on delicate, twisted stalks. The stem is sticky. The fruit is a yellow or orange capsule. It has many seeds.

HABITAT

It is a temperate plant. It grows in moist woods and shady places near streams. It suits hardiness zones 3-8.

NOTES

There are about 10 Streptopus species.
Also put in the family Convallariaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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