PLANT FACT SHEET

Aquilegia caerulea E. James

GENUS *Aquilegia* **FAMILY** Ranunculaceae

COMMON NAMES Rocky mountain columbine

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are rich in nectar and are eaten as a snack or added to salads or made into jelly. They can be boiled and eaten with a cream sauce.
The flower buds can be added to salads or pickled and used as a substitute for capers.

DESCRIPTION

A herb. It grows 20-60 cm tall. The flowers vary in colour from blue, white, yellow or pink.

HABITAT

It is a temperate plant. It grows between 2,100-3,700 m above sea level. It can grow in shade. It suits hardiness zones 3-8.

PRODUCTION

Cultivation

Plants are grown from seeds.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 121

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c7701c78-c512-4f65-84f8-1fdb28c18fba