PLANT FACT SHEET

**Use with caution**

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

# *Lycopodium clavatum* L.

**GENUS** *Lycopodium* **FAMILY** Lycopodiaceae

**COMMON NAMES** Running clubmoss

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Leaves - tea

The leaves are used for a herbal tea.

## DESCRIPTION

A herb. It grows 40 cm tall.

## HABITAT

It is a temperate plant. In northern China it grows in conifer and moss forests between 700-1,800 m above sea level. In Argentina it grows between 600-2,500 m above sea level. It suits hardiness zones 1-8.

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/c84d1542-12c7-4d27-a37f-efb1d74dc419