PLANT FACT SHEET

Epilobium montanum L.

GENUS *Epilobium* **FAMILY** Onagraceae

COMMON NAMES Broad-leaved willowherb

EDIBLE PARTS AND USES

Edible parts: Leaves

The very young leaves are used in salads. They become bitter when more mature.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 30-60 cm tall. The leaves are oval with a rounded bas and short stalks. They are in opposite pairs but sometimes in rings of three. The flowers are a bright pink and 6-9 mm across.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

It can be grown from seed or cuttings.

REFERENCES

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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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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c9ca0e75-0ac5-4ef6-a11c-32e9897121ee