PLANT FACT SHEET

Solidago missouriensis Nutt.

GENUS *Solidago* **FAMILY** Asteraceae

COMMON NAMES Prairie goldenrod, Missouri goldenrod

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten raw and older leaves are cooked as a vegetable.
The dried leaves and dried open flowers are used for tea.

DESCRIPTION

An erect herb. It grows 20-80 cm tall. The stems are green and without hairs.

HABITAT

It is a temperate plant. It grows in dry prairies. It suits hardiness zone 4.

NOTES

There are about 100 Solidago species.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 42

Jackes, D. A., 2007, Edible Forest Gardens

J. Acad. Nat. Sci. Philadelphia 7:32. 1834

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 828

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1779

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 342

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cae9e20b-942d-4d27-86d9-fb8921978ef8