PLANT FACT SHEET

# *Oenothera elata subsp. hookeri* (Torr. & A. Gray) W. Dietr. & W. L. Wagner

**GENUS** *Oenothera* **FAMILY** Onagraceae

**COMMON NAMES** Hooker's evening primrose

## EDIBLE PARTS AND USES

**Edible parts:** Seeds, Leaves, Pods, Roots

The young blanched leaves and shoots are used in salads. They can be boiled as a potherb.
The roots can be boiled and cooked like parsnips.
The young pod like fruits can be cooked and eaten.

## DESCRIPTION

A herb which keeps growing from year to year. It grows 80 cm tall. The leaves are sword shaped and in a ring near the base. The flower stems are upright. The flower heads have many pale yellow flowers. The flowers can be 9 cm across on stalks 90 cm long.

## HABITAT

It is a temperate plant. It suits hardiness zones 7-10.

## NOTES

There are about 125 Oenothera species. It is used in medicine.
Just listed as Oenothera elata for Norway.

## REFERENCES


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