PLANT FACT SHEET

Epilobium palustre L.

GENUS *Epilobium* **FAMILY** Onagraceae

COMMON NAMES Marsh Willow-herb

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A short herb. It may or may not have hairs and forms slender underground runners. It keeps growing from year to year. The stems are erect. The leaves are sword shaped and mostly opposite. They do not have teeth and do not have stalks. The flowers are pale pink or white. They are 8-12 mm across and in lax racemes.

HABITAT

It grows in wet places and marshes and usually on slightly acid soils. It can be in alpine meadows. It grows between 200-4,500 m above sea level.

NOTES

There are about 165 Epilobium species. They are mostly temperate.

REFERENCES

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 152

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

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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/ccf6f340-145a-4afa-8567-5b292081a4cb