PLANT FACT SHEET

Sanguisorba canadensis L.

GENUS *Sanguisorba* **FAMILY** Rosaceae

COMMON NAMES American great burnet, Canadian burnet

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled, washed with water to remove the bitterness, and eaten with salt and miso.
They can be used in salads, stews, soups and drinks.

DESCRIPTION

A perennial plant. It grows 1.2-1.8 m high and 60-90 cm wide. The leaves are pale green. They are divided into leaflets along the stalk. The flowers are bottle brushes and are slender and white or pink. They are carried on erect stems. The flower heads are 5-15 cm long.

HABITAT

It is a temperate plant. It is frost hardy. It grows in wet places and marshes. It can be on the banks of rivers and ponds. It suits hardiness zones 4-8.

PRODUCTION

Cultivation

Plants are grown from seeds. It can be grown by division.

NOTES

There are about 10-18 Sanguisorba species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d048686b-987d-4de2-9e41-dd82f500f098