PLANT FACT SHEET

Trillium sessile L.

GENUS *Trillium* **FAMILY** Melanthiaceae

COMMON NAMES Toadshade, Red trillium, Sessile trillium, Wake robin

EDIBLE PARTS AND USES

Edible parts: Leaves

The young unfolded leaves can be added to salads.
They can be boiled for 10 minutes and served with butter and vinegar.

DESCRIPTION

A small plant. It grows 30 cm high and spreads 30-40 cm wide. The leaf like bracts are rounded or oval. They have dark mottling. These are often slightly drooping. They encircle the flower but seldom overlap. They are 7.5-10 cm long and 4-7 cm wide. They are pointed at the tip. The flowers have purple-red petals and sepals which are purple-red but with a green tinge.

HABITAT

It is a temperate plant. They do best in cool, moist soils and in shade. They are very frost hardy. It suits hardiness zones 4-9.

PRODUCTION

Cultivation

They can be grown by seed or by division. They are slow to establish from seed. They can take 5-7 years to reach flowering stage.

NOTES

There are about 46 Trillium species.
Also put in the family Trilliaceae.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1431

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 242

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 302

http://www.botanic-gardens-ljubljana.com/en/plants

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 878

Loughmiller, C & L., 1985, Texas Wildflowers. A Field Guide. University of Texas, Austin. p 149

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

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/d1de8df6-6ba3-430c-8e18-75c9ce3f6717