PLANT FACT SHEET

Euphrasia subarctica Raup

GENUS *Euphrasia* **FAMILY** Scrophulariaceae

COMMON NAMES Arctic eyebright

EDIBLE PARTS AND USES

Edible parts: Leaves

The bitter leaves are used for flavouring in salads.

DESCRIPTION

A small herb. The leaves have very few hairs. The flowers are white with purple lines and a yellow spot.

HABITAT

It grows in wet, open areas. In Canada it grows at higher elevations.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 242

PROVIDED BY **Food Plants International**

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/d6e92e39-820e-4567-95b8-9f64c3117b7e