PLANT FACT SHEET

Epilobium angustifolium L.

GENUS *Epilobium* **FAMILY** Onagraceae

COMMON NAMES Fireweed, French willow, Great willowherb, Rose bay willow Herb

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Leaves - tea, Root, Stem, Shoots

A flour is made from the roots and used to make flat cakes.
The vigorous young shoots are cooked and eaten with butter as an asparagus substitute.
The leaves are eaten raw or boiled. They are also dried and used for tea.
Young flower stalks are added to salads. The pith of the large stalks is chewed. It is also used to flavour and thicken soups and stews or made into ale or vinegar.

DESCRIPTION

It is a herb. It keeps growing from year to year. It grows up to 1.8-2.1 m but is smaller in colder regions. The stems are willowy. The leaves are narrow and arranged alternately. They are dark green above and paler underneath. The flowers are pink or purple and in racemes. The fruit are long narrow capsules. They contain many seeds and each seed has a tuft of hairs.

HABITAT

It is a temperate plant. It commonly grows after fire. It grows around wetlands and marshes. It grows in temperate and Arctic regions. It is resistant to frost but damaged by drought. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

Plants can be grown from seeds or cuttings. The plant can be cut back and will sprout up again.

NOTES

There are about 165 Epilobium species. They are mostly temperate.
It is rich in Vitamin A and C.

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