PLANT FACT SHEET

Silphium perfoliatum L.

GENUS *Silphium* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked and eaten.

DESCRIPTION

A herb. It can grow 2 m tall. The leaves are square. The leaves are almost opposite. They are egg shaped and cup like at the bottom. There are teeth around the edge. The flower heads are 2.5 cm across and golden yellow.

HABITAT

It is a temperate plant. It suits hardiness zones 5-9.

REFERENCES

Anderson, M.K. USDA, NRCS, National Plant Data Center, c/o Plant Sciences Dept., Davis, California

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

Jackes, D. A., 2007, Edible Forest Gardens

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dddae3eb-02ab-4302-b855-fb1ba7762822