PLANT FACT SHEET

Chimaphila menziesii (R. Br. ex D. Don) Spreng.

GENUS *Chimaphila* **FAMILY** Ericaceae

COMMON NAMES Little prince's pine

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Stems, Roots

The stems are roots are used to make tea.

DESCRIPTION

A small shrub. It grows 5-29 cm tall. The leaves are sword shaped and rich green with light veins. There are small teeth along the edge. The flowering shoots are at the top of the plant and the flowers droop. There are 1-3 flowers on a stem. The flowers are white to pink.

HABITAT

It is a temperate plant. In Canada it grow in dry conifer forests. It grows between 10-2,400 m above sea level.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 133

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/de39061b-b479-4201-8f4d-0feb5918f561