PLANT FACT SHEET

Clintonia uniflora (Menzies ex Schult. & Schult.f.) Kunth

GENUS *Clintonia* **FAMILY** Liliaceae

COMMON NAMES Queen's cup

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are edible raw and older leaves are cooked.

DESCRIPTION

A herb that keeps growing from year to year from an underground stem or rhizome. It grows 50 cm high. The leaves at the base are 2-5 cm wide. It has one or sometimes 2 flowers. They are white.

HABITAT

It is a temperate plant. It grows in shady forest.

NOTES

Also put in the family Uvulariaceae.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 168

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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/df1bb04b-e2f4-4481-98ca-440dc3b4b763