PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Lupinus nootkatensis var. fruticosus Sims

GENUS *Lupinus* **FAMILY** Fabaceae

COMMON NAMES Nootka lupine

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are peeled and roasted.
Seeds - Caution, Seeds are poisonous if eaten in large amounts.

DESCRIPTION

A herb. It grows 1 m tall. The flowers are blue or purple.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 321

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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/df368013-0f91-4cbe-8f1c-579111dffc72