PLANT FACT SHEET

# *Darmera peltata* (Torr. ex Benth.) Voss

**GENUS** *Darmera* **FAMILY** Saxifragaceae

**COMMON NAMES** Indian rhubarb, Umbrella plant

## EDIBLE PARTS AND USES

**Edible parts:** leaves

The thick leaf stalks are peeled and lightly cooked and eaten.
They are also peeled and eaten raw. They are also cooked like asparagus and added to stews and salads.

## DESCRIPTION

A herb. It has flattened underground stems or rhizomes. It has large leaves that are scalloped along the edge. The flowers are in pink and white heads. These appear before the leaves in spring.

## HABITAT

It is a temperate plant. It grows near riverbanks. It grows in hardiness zones 5-9.

## PRODUCTION

### Cultivation

Plants can be grown from the creeping rhizome. The can also be grown from seed.

## PICTURES



Credit: Food Plants International (Bruce French)

## REFERENCES


Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 229 (As Peltiphyllum peltatum)

Jackes, D. A., Edible Forest Gardens

Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 106



**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/e482b253-1ee7-4f08-84cf-2e9ccfe0c4d8