PLANT FACT SHEET

Clintonia udensis Trautv. & C. A. Mey.

GENUS *Clintonia* **FAMILY** Liliaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender leaves and shoots are cooked as a vegetable.

DESCRIPTION

A herb which keeps growing from year to year. It is about 1 m high. It has a creeping rootstock about 5 mm thick. It is covered with fibrous sheaths. There are 3-5 leaves. The leaves do not have leaf stalks. The leaf blades are oblong to sword shaped and cup shaped. They are 8-25 cm long by 3-16 cm wide. The edges are hairy when young. There are 3-12 flowers in a group. The flowers are white or sometimes bluish. They occur in racemes at the ends of branches. The fruit is a blackish-blue berry. It is round or oval and 7-12 mm long by 7-10 mm wide. It has many seeds.

HABITAT

It is a temperate plant. In Nepal it grows at 3200-4000 m altitude. It grows in sparse and alpine forests between 1600-4000 m altitude in China.

PRODUCTION

Cultivation

Plants are grown from seed or tubers.

NOTES

There are 5 Clintonia species.
Also put in the family Uvulariaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e49082c0-4436-4bb1-94cd-7a4ee88336b4