PLANT FACT SHEET

Epilobium latifolium L.

GENUS *Epilobium* **FAMILY** Onagraceae

COMMON NAMES Dwarf fireweed

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Stem, Tea

The flowers can be eaten raw in salads.
The very young leaves are cooked and eaten. They are often eaten with meat.
Leaves are used as a tea substitute.

DESCRIPTION

A small herb. It grows to 40 cm tall. The leaves are broad and dark green. They are 25-50 mm long. They often have a purplish tinge when grown in the open. The flowers are red-purple and large. They are 25-50 mm wide. Many flowers occur together in a short leafy spike. The fruit is a long narrow capsule. It contains many seeds. Each seed has a tuft of hairs.

HABITAT

It is a cold temperate plant. It grows in well watered sandy or gravelly floodplain. It grows in arctic and alpine regions. In Pakistan it grows between 2,700-4,850 m altitude. It suits hardiness zones 5-9.

NOTES

There are about 165 Epilobium species. They are mostly temperate.

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