PLANT FACT SHEET

Goodyera oblongifolia Raf.

GENUS *Goodyera* **FAMILY** Orchidaceae

COMMON NAMES Rattlesnake plantain

EDIBLE PARTS AND USES

Edible parts: Sap - chewing

An exudate from the plant is chewed like chewing gum.

DESCRIPTION

An evergreen herb. It grows 40 cm tall. The leaves are in a ring at the base. There are 3-7 leaves in the ring. They are oblong and 3-8 cm long by 2-4 cm wide. They are dark green. The flowers are dull white. They are in spikes at the top of the plant.

HABITAT

It grows in dry or moist shady forests. It can grow from low elevations to mountain regions.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb.(ACEDB version 4.0 - data version July 1994) (As Peramium decipiens)

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 201

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/e5a3ecf4-1560-4c9d-82d2-95ecbe8f4cd1