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 littoralis Douglas

GENUS *Lupinus* **FAMILY** Fabaceae

COMMON NAMES Seashore lupine

EDIBLE PARTS AND USES

Edible parts: Root

The roots or fleshy rhizomes are dried then roasted and eaten. They can be toasted in the embers of a fire. Caution: The rhizomes contain toxins that are poisonous if eaten raw. They cause dizziness.

DESCRIPTION

A plant that lies along the ground and forms mats. It has long underground stems or rhizomes. The leaves are compound with leaflets spread out like fingers on a hand. The plants are covered with white silky hairs. This gives them a blue-green appearance. The flowers are like pea flowers and blue or purple. They are in rings in clusters at the ends of branches. The fruit are seed pods like pea pods. The pods are black and hairy.

HABITAT

It is a temperate plant. In Canada it grows along the shore line on sandy beaches and dunes.

PRODUCTION

Harvesting and Seed Production

The rhizomes can be 1 m long.

NOTES

There are about 200 Lupinus species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e8dc3c66-6936-4fd4-aaf8-5d70e70c25b5