PLANT FACT SHEET

Saxifraga virginiensis Michx.

GENUS *Saxifraga* **FAMILY** Saxifragaceae

COMMON NAMES Early saxifraga

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are used in salads, and also cooked.

DESCRIPTION

An annual herb. It grows 10-30 cm high. The leaves are 3-8 cm long. The leaves are fleshy and egg shaped. They have a few teeth. The leaves form a ring at the base of the plant. The flowers are small and white. They are 6 mm across. The fruit is small and pod like. The seeds are small.

HABITAT

It is a temperate plant.

NOTES

The leaves are rich in Vitamin C and other nutrients.

REFERENCES

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 1. p 320

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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/eba42e5e-5d60-4af2-aa61-e8284348d00e