PLANT FACT SHEET

Pedicularis foliosa L.

GENUS *Pedicularis* **FAMILY** Orobanchaceae

COMMON NAMES Leafy lousewort

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are eaten as a snack.

DESCRIPTION

A herb. It grows 20-50 cm tall. The stems are hairy. The leaves are lobed. The leaves are 5-10 cm long. The flowers are in clusters and are white or pale yellow with leaf like bracts. They are 2.5 cm long.

HABITAT

It is a temperate to Mediterranean climate plant. It grows in wet meadows and near streams at 1,200-2,500 m above sea level.

REFERENCES

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

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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/ed1350c6-7096-46ea-a65c-0289e74501b5