PLANT FACT SHEET

Rhexia virginica L.

GENUS *Rhexia* **FAMILY** Melastomataceae

COMMON NAMES Virginia meadow beauty, Deer grass, Handsome Harry

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Tubers

The tender leaves can be added to salads.
The leaves can be cooked by boiling for 10 minutes then served with lemon or vinegar.
The tubers can be chopped and added to salads or eaten raw.
The leaves and stems are used to make a sour drink.

DESCRIPTION

A plant between 60-90 cm high. The stems are 4 sided. The leaves are opposite and do not have a leaf stalk. The flowers are pink. There are 4 broad petals. These fold backwards. The 8 stamens have yellow anthers.

HABITAT

It is a temperate plant. It grows in wet or moist sandy soil. It suits hardiness zone 4.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 149

Jackes, D. A., 2007, Edible Forest Gardens

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 742

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 73

Loughmiller, C & L., 1985, Texas Wildflowers. A Field Guide. University of Texas, Austin. p 166

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 470

Sp. pl. 1:346. 1753

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f0911502-ec4f-40b3-a837-d727d130fb92