PLANT FACT SHEET

Caulophyllum thalictroides (L.) Michx.

GENUS *Caulophyllum* **FAMILY** Berberidaceae

COMMON NAMES Blue Cohosh, Blue ginseng, Papoose root, Squawroot

EDIBLE PARTS AND USES

Edible parts: Seeds - coffee, Leaves

The seeds are roasted and used as a substitute for coffee.
The large leaves are eaten after boiling.
CAUTION: The fruit are claimed to be poisonous.

DESCRIPTION

A herb. It grows 30-75 cm high. It has a matted rootstock with underground stems or rhizomes. It can spread widely. The leaves are compound. The flowers are star shaped and green to purple. They are 1 cm across. The fruit are deep blue berries.

HABITAT

It is a temperate plant. It grows best in moist, cool conditions. It grows in swamps and running streams. It is resistant to frost but sensitive to drought.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

It is slow growing.

NOTES

The roots are used in medicine.

REFERENCES

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 229

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 238

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 158

Fl. bor.-amer. 1:205. 1803

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1735

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 176

Ryan, S., 2008, Dicksonia. Rare Plants Manual. Hyland House. p 98

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 154

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/f11f1150-0a17-4d4d-b698-3c9deb7b4005