PLANT FACT SHEET

Moneses uniflora (L.) A. Gray

GENUS *Moneses* **FAMILY** Ericaceae

COMMON NAMES Single delight, Mossberry, One-flowered pyrola, One-flowered wintergreen

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds

The leaves can be used for tea.
The seeds can be eaten raw or roasted. They can be parched and ground into flour.

DESCRIPTION

A herb. It keeps growing from year to year and is evergreen. It has slender rhizomes or underground stems. The are 0.2-0.8 mm thick. The above ground stems are erect or curve upwards. They are 1-5 cm high. The leaves are in 3-4 groups of 2-3 each. The leaf stalks are 1-1.5 cm long. The leaves are dark green on top and pale green underneath. The flowers are white and nodding. The fruit are capsules which are erect and 5-6 mm across. They open by 5 valves. There are many small seeds.

HABITAT

It is temperate to subarctic. It grows in moist mossy pine and conifer forests at middle altitudes in N China. In Pakistan it grows near streams in the shade of pine forests between 2,600-3,500 m altitude. In Sichuan and Yunnan.

NOTES

There is one Moneses species. It is also put in the family Pyrolaceae.

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