PLANT FACT SHEET

Cornus canadensis L.

GENUS *Cornus* **FAMILY** Cornaceae

COMMON NAMES Bunchberry, Creeping dogwood, Dwarf Cornel

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten. They have little taste. They are dried and added to breakfast cereal.
The fruit can be made into puddings, pies, jellies and sauces.
The large stones need to be strained out of jelly and jam. Also other fruits can be added for flavour.

DESCRIPTION

A herb which keeps growing from year to year. It is deciduous and low and spreading. It grows 10-20 cm tall. The rhizomes are creeping and slender. The leaves are in rings and are 25 mm long and oval or sword shaped. The leaves turn red in autumn. There are white bracts around the flower-heads. The flowers are silvery white. The fruit are small, bright red berries.

HABITAT

It is a cool temperate plant. It needs cool moist conditions. It can tolerate cold. It can grow in sun or shade. It can grow in sandy or clay soils. Moist acid soils are best but it will grow in limestone soils. It suits hardiness zones 2-8.

PRODUCTION

Cultivation

Plants can be grown from washed seed. They can also be grown from cuttings.

NOTES

There are about 45 Cornus species.
They have health benefits.

PICTURES



Credit: Food Plants International (Bruce French)

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