PLANT FACT SHEET

Uvularia sessilifolia L.

GENUS *Uvularia* **FAMILY** Colchicaceae

COMMON NAMES Little Bellwort

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The young tender shoots are cooked and served like asparagus.
The rootstocks are cooked or used in diet drinks.

DESCRIPTION

A herb. It has strap like leaves without a leaf stalk. The flowers are narrowly bell shaped and yellow.

HABITAT

It is a temperate plant. It suits hardiness zone 3-8.

NOTES

There are 5 Uvularia species.
Also put in the family Uvulariaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f576471e-0094-44c4-af87-22a61bee304e