PLANT FACT SHEET

Rhodiola rosea L.

GENUS *Rhodiola* **FAMILY** Crassulaceae

COMMON NAMES Rose root

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Stem

The leaves can be eaten raw or cooked.

DESCRIPTION

A herb. It grows 30 cm tall.

HABITAT

It is a cool temperate plant.

REFERENCES

Ferns, Plants for a Future.
Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 130
Wikipedia,

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f7597316-7d74-4660-be51-5f8b87f8a006