PLANT FACT SHEET

Penthorum sedoides L.

GENUS *Penthorum* **FAMILY** Penthoraceae

COMMON NAMES Virginian Stonecrop, Ditch-stonecrop

EDIBLE PARTS AND USES

Edible parts: Leaves

The fresh leaves are acid but used as a potherb or to spice up salads.
The dried leaves are used to make tea.

DESCRIPTION

A herb. It is fleshy and has underground runners. It grows 1 m tall. The leaves are alternate and they have short leaf stalks. The flowers are small with many together at the ends of the branches.

HABITAT

It grows in wet low ground such as flood plains and ditches.

NOTES

There is one genus in the Penthoraceae family and 2 species. It grows naturally in eastern North America.

PICTURES

Credit: Food Plants International (Bruce French)

REFERENCES

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 771

Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 249

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 218

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 385

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

READ,

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/f95a2fe6-0d97-4635-bdcd-6de0ad0f3895