PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Marah oreganus (Torr. ex S. Wats.) T. J. Howell

GENUS *Marah* **FAMILY** Cucurbitaceae

COMMON NAMES Coastal manroot

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves have been used as a vegetable and tea.
Caution: The seeds are poisonous.

DESCRIPTION

A vine that keeps growing from year to year. It has a large woody root. The stems are trailing or twining. The leaves are alternate and glossy. They are 20 cm long. They have shallow lobes spread out like fingers on a hand. The flowers are white. They are 6-12 mm wide.

HABITAT

It is a temperate plant. It grows in thickets and along the edges of forests.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 158
Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 336

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fbd7d691-bbf5-4a30-8eb0-c525dab017ed