



PLANT FACT SHEET

Maianthemum racemosum (L.) Link.

GENUS *Maianthemum* FAMILY Asparagaceae

COMMON NAMES False spikenard, False Solomon's seal, Treacle berry

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Root

The ripe fruit are eaten. They are eaten raw, cooked or made into jellies and sauces. They should be cooked to remove purgative elements. They can be dried. The juice is mixed with other juices as a drink.

The young shoots are eaten like asparagus. The young leafy shoots are cooked as a flavouring for meat.

The rootstock are dried, soaked in lye, then parboiled and eaten. They can be pickled.

DESCRIPTION

A perennial plant. It grows 75-90 cm high and spreads 45-60 cm wide. The leaves have distinct veins. The leaves are alternate but closely arranged. The stems are arching and have flower heads at the tip. These are fluffy and tapering. They are creamy and have a scent. The fruit are pale red berries speckled with purple.

HABITAT

It is a temperate plant. It is frost hardy. It does well in light shade. It needs humus rich soils. It can grow in shady places and acid soils. It suits hardiness zones 2-8.

PRODUCTION

Cultivation

It can be grown from seeds or division of the clump.

NOTES

There are about 25 Smilacina species.

Also put in the family Convallariaceae.

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