



PLANT FACT SHEET

Claytonia virginica Linn.

GENUS *Claytonia* FAMILY Montiaceae

COMMON NAMES Spring beauty, Fairy spuds, Virginia Springbeauty

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Tubers, Stems

The small corms can be boiled for 10-15 minutes, peeled and served with butter.

The corms can be baked, fried or mashed. They are used in salads, soups and stews.

The young leaves and stems are eaten raw in salads and also steamed and served in greens.

DESCRIPTION

A small erect, slender plant. It grows 20-30 cm high and spreads 30 cm wide. It has large thick round tubers. These can be 3-5 cm across. The leaves are simple and narrow and widest about the middle. They are 5-15 cm long by 1-3 cm wide. The flowers are pink in loose clusters. They have 5 petals and are 1-3 cm across. They have dark pink veins. The fruit are egg shaped capsules. They are 8-13 mm long.

HABITAT

It is a temperate plant. It grows in moist woods and rich soil. It suits hardiness zones 4-8.

PRODUCTION

Cultivation

Plants can be grown by seeds or tubers.

NOTES

They have also been put in the family Portulacaceae.

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ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/feacaaae-8796-49b6-8047-49d73015fa27>