



PLANT FACT SHEET

Staphylea bolanderi A. Gray

GENUS *Staphylea* FAMILY Staphyleaceae

COMMON NAMES Western Bladdernut, California bladdernut, Sierra bladdernut

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - oil, Nut

DESCRIPTION

A shrub or small tree. It grows 2-6 m tall. It has long arching branches. The leaves have 3 round leaflets and these have teeth along the edges. The leaflets are 6 cm long. The leaves fall during the year. The flowers are drooping on long stalks. They have 5 white petals. The fruit is an inflated bladder-like capsule 5 cm long. These contain smooth brown seeds.

HABITAT

It is a temperate plant.

NOTES

There are 9 or 10 *Staphylea* species with 1 in tropical America.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Krochmal, A. & Krochmal, C., 1982, Uncultivated Nuts of The United States. United States Department of Agriculture Forest Service. p 73

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p153

Wikipedia

PROVIDED BY Food Plants International

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/ff1d71db-493a-43eb-97c1-e6dc19ed1801>