

ANNUAL/PERENNIAL

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Heñqæmiñəm

Miner's Lettuce

English

Claytonia perfoliata

Latin

BLOOM & FRUITS

Leaves change shape and size as the plant matures with a cluster of tiny white flowers emerging from the center that bloom in late Spring.

USE BY PEOPLE & CULTURAL SIGNIFICANCE

Packed with vitamin C, Miner's Lettuce helped prevent scurvy among miners during the California gold rush. Leaves, flowers, and roots can be consumed raw or cooked. Young leaves have a mild flavour while older leaves can turn bitter if the plant is growing in a hot, dry location. Flowers can be tossed into a salad.

WILDLIFE VALUE

Small mammals graze on the plants and birds eat the seeds.

CARE INSTRUCTIONS

Sow the seeds just like you would lettuce or spinach in the spring. You can either plant them in your garden, or in a nice shady area under a fruit tree. Miner's lettuce is an unobtrusive, slow spreader, finding room among other plants without pushing them out.

EXPOSURE



MAX HEIGHT

1 ft

MOISTURE

Moist to dry

GROWING EASE

Easy

USE VALUE



ATTRACTS



CONTAINER TOLERANCE

High