

RATTLE SNAKE ROOT aka FLORIDA BETONY aka STACHYS FLORIDANA



Stems



Tubers

IDENTIFICATION: Rattle Snake Root is square-stemmed and is erect, & hairy. The stems go up to 18 inches tall. The flowers occur in clusters of 3-6. The tubers are the edible part and look like a rattlesnake's rattle, about finger length long and are underground.

TIME OF YEAR: The best roots are fat and ready to eat before summer. Roots are near surface but can be found 6" down. During the hot months the plant can disappear to reemerge in fall.

ENVIRONMENT: Moist yet well-drained areas, such as lawns.

METHOD OF PREPARATION: Roots can be cooked, or eaten raw. It tastes like a watercress or cauliflower and the texture, however, is like a radish. They are crispy in salads, great in stir fries. Leaves and shoots of the plant can also be eaten but are best mixed with other greens.

NUTRITION Per 100 grams (g): Calories 75, fat 0, fiber 2 g, protein 2.6 g, carbs 17 g, cholesterol, sodium & sugars 0. This food has chemicals which have antioxidant activity.

Information retrieved 5/25/2014 from <http://www.eattheweeds.com/florida-betony-150-a-pound/>