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Darmera peltata

[Synonyms : *Peltiphyllum peltatum*, *Saxifraga peltata*]

UMBRELLA PLANT is a perennial. Native to south-western United States (specifically northern California) it has small, white to pink flowers.

It is also known as *Darmera štítnatá* (Czech), Giant cup, Indian rhubarb, and *Sköldbräcka* (Swedish).

Peltata is derived from Greek *pelto-* (small round shield, target) component meaning ‘shield-shaped’ with reference to the stalk’s position (towards the centre of the leaf not at the leaf edge).

Records indicate that both the Karok and Miwok North American Indians ate the plant. For the former the young shoots provided a raw green vegetable, while the latter mixed the root with corn meal as a whitener.

The Karok tribe also used the root in medicine and prescribed it for some female problems.