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*Equisetum pratense*

[Synonyms : *Allotelites pratense*, *Equisetum drummondii*, *Equisetum pratense* f. *nanum*, *Equisetum umbrosum*]

**SHADY HORSETAIL** is a perennial. Native to temperate regions it has rough and wispy-branched sterile green stems and rare small red-brown spikes (cones).

It is also known as *Ängsfräken* (Swedish), *Earball an eich dubharach* (Irish Gaelic), *Engsnelle* (Norwegian), Field horsetail, *Hvostch meadowovoi* (Russian), *Lehtokorte* (Finnish), *Lund-Padderok* (Danish), Meadow horsetail, *Praslička lúčna* (Slovak), *Přeslička luční* (Czech), Shade horsetail, *Vallelfting* (Icelandic), and *Wiesen-Schachtelhalm* (German).

Warning – large quantities of the raw plant can be poisonous.

*Pratense* is derived from Latin *pratium* (meadow) meaning ‘of or from meadows’.

Some of the Alaskan Inuits ate the roots raw and also preserved them in oil for food in Winter.

The underground stems have been eaten as a vegetable too by local North American Indian tribes in the Minnesota area.