

*Hemerocallis fulva*

[Synonyms : *Hemerocallis crocea*, *Hemerocallis fulva* var. *kwanso*, *Hemerocallis lilioasphodelus* var. *fulvus*]

**ORANGE DAY-LILY** is a perennial. Native to north-eastern Asia (possibly northern China) and to Japan, it has scentless orange flowers with a central apricot line on each petal.

It is also known as *Brunröd daglilja* (Swedish), Common day-lily, Dark day-lily, *Denivka plavá* (Czech), Ditch lily, Eve's thread, Fire lily, Fulva day-lily, *Giglio turco* (Italian), Golden needles, *Lis rouge* (French), *Rote Taglilie* (German), *Rotgelbe Taglilie* (German), *Rusopäivänlilja* (Finnish), Tawny day-lily, and Tiger lily.

Individual flowers open in the early evening 1 or 2 at a time in any cluster and close by noon on the following day thus providing a succession of blooms that can last for about 6-weeks.

Warning – some people are unable to eat the edible flower buds, flowers, tubers and young shoots raw. Some records also claim that unprocessed leaves can have hallucinogenic properties.

*Fulva* is Latin (tawny, yellowish-brown) with reference to the flower colour.

The fresh or dried long thin flower buds and the fresh or withered flowers (when they wither they assume their original long thin form) are eaten cooked in China as a vegetable. They are especially popular in steamed or stir-fried dishes and can be added to omelettes – and the dried flowers have provided a condiment in China and Japan as well. Young shoots and very young leaves can be eaten as a vegetable when cooked like asparagus (*Asparagus officinalis*) or celery (*Apium graveolens* var. *dulce*) – and young tubers are edible raw or cooked. The dried plant is soaked before it is cooked and the Chinese often knot the buds or flowers to prevent them opening out during the process.

Tough cord made from the plaited dried leaves has been woven into footwear – and the flowers yield a yellow dye.

It was introduced to North America in the 19<sup>th</sup> Century and in some regions there orange day-lily is viewed as invasive today.

Orange day-lily is cultivated widely in the West today as an ornamental plant whereas some records suggest that the Romans may have been cultivating this perennial for medicinal use.

Medicinally, the Chinese employ the flowers for treating some problems met in childbirth. The root has not only been used to counter arsenical poisoning and fluid retention but also in times past it has attracted a following as a part of cancer treatments.