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*Lupinus nootkatensis* var. *nootkatensis*

[Synonyms : *Lupinus nootkatensis*]

**SCOTTISH LUPIN** is a perennial. Native to north-western North America and north-eastern Asia, it has pea-like, blue flowers.

It is also known as Blue lupine, *Bys y Blaidd* (Welsh), Nootka lupin, Nootka lupine, and *Sandlupin* (Swedish).

Warning – authorities note that the raw root if over-eaten can cause symptoms of intoxication, and that the seeds are edible if pre-processed to remove any bitter-tasting poisons.

The flowers are pollinated by bees.

*Nootkatensis* means ‘of or from Nootka Sound in British Columbia, Canada’.

The roots (although viewed as poisonous by some Alaskans) provided food for some of the Alaskan community who peeled them and ate them raw or boiled as a vegetable.

The plant was introduced to Britain in the late 18<sup>th</sup> Century and has become naturalised there, especially on some parts of the Scottish coast.

Today it is considered unwise to eat the raw root but it is edible if boiled or roasted. Unlike the root which can be cooked without any prior processing the seeds are normally washed repeatedly in water to remove their bitter taste (and any poisonous qualities) before they are cooked. Not only can they be prepared as a vegetable like beans but they can also be used ground or roasted.

Scottish lupin is cultivated as an ornamental plant.

This is one of the plants being examined for its suitability in Alaska as both a green manure crop and, in areas which may have suffered some kinds of environmental damage but could be conducive to the plant’s growth, its usefulness in regenerating ground cover.