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Uvularia sessilifolia

[Synonyms : *Oakesia sessilifolia*, *Oakesiella sessilifolia*]

WILD OATS is a perennial. Native to central and eastern North America it has small creamy yellow flowers.

It is also known as Bellwort, Cornflower, Sessile bellwort, Sessile-leaved bellwort, Sessile merrybells, Strawbell, and Straw lilies.

Sessilifolia is derived from Latin *sessilis* (seated, stalkless) and *-folia* (leaved) components meaning ‘with stalkless leaves’.

North American Cherokee Indians ate the leaves as a cooked green vegetable, and it was used in hunting rituals by some of the Chippewa tribe.

The plant also provided a source of medicines for one or two of the Indian tribes. The Iroquois took a root infusion as a blood purifier, and the Cherokee used it to ease diarrhoea, as well as applying it in poultices to boils.

In the past young shoots have been cooked like garden asparagus (*Asparagus officinalis*).