PLANT FACT SHEET

Stellaria monosperma Buch.-Ham. ex D.Don

GENUS *Stellaria* **FAMILY** Caryophyllaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender shoots and leaves are eaten as a vegetable.

DESCRIPTION

A herb. It grows to 50 cm high. The leaves do not have stalks. They are opposite. The leaves are 11-16 cm long by 1-3 cm wide. They are sword shaped and heart shaped. They have a long point. The flowers are white. They are stalked. The stalks are hairy. They are dotted with glands.

HABITAT

It is a temperate plant. In Nepal they grow between 2200-3200 m altitude. They grow in moist, shady places. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 130 Stellaria species. They are mostly in temperate regions.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/00134d38-e34d-4a3d-90ce-1bcd2176bb1f