PLANT FACT SHEET

Centranthus ruber (L.) DC.

GENUS *Centranthus* **FAMILY** Caprifoliaceae

COMMON NAMES Red Spur Valerian

EDIBLE PARTS AND USES

Edible parts: Leaves

Young leaves are eaten in raw salads and sandwiches. These are slightly bitter. They can be boiled and served with butter.

DESCRIPTION

A perennial plant. It has underground stems or rhizomes. It grows 60-90 cm high. The stems usually branch from the base. The stems are erect, smooth and hollow. The leaves are in a clump and fleshy. The lower leaves are sword shaped and 3-12 cm long by 1-5 cm wide. The upper leaves taper to the tip. The leaves have small teeth. The flowers are usually red or pink and in dense erect stems. These are 25 cm long. They are small and starry. There is only one stamen. The fruit is narrowly oval and 3-4 mm long. There is a rib on one side.

HABITAT

It grows in temperate places. It is frost hardy. It grows in high rainfall areas. It can grow in poor soils and hot locations. It suits hardiness zones 6-10. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by seed.

NOTES

There are about 10-12 Centranthus species. It can become invasive. Also put in the family Valerianaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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