PLANT FACT SHEET

Silene vulgaris (Moench) Garcke

GENUS *Silene* **FAMILY** Caryophyllaceae

COMMON NAMES Bladder campion, Maidens tears

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Stem, Root

The young leaves are used as a green. They are also cut, fried and used in omelettes.
They are used in soups and boiled and stewed.
Blanching the new shoots as they emerge from the ground reduces the bitterness.
The young shoots less than 5 cm tall are cooked and eaten as a vegetable.

DESCRIPTION

An erect herb. It keeps growing from year to year. It grows 30-40 cm high. It branches from the base. It is usually without hairs but covered with a waxy bloom. The leaves are oval to sword shaped. The lower leaves are sharply stalked. The upper leaves do not have leaf stalks. The flowers are white. They are carried on long drooping stalks. The sepals join to form a green tube which is fattened. It has 5 triangle shaped teeth. The petals are white and divided into 2 lobes.

HABITAT

It is a temperate plant. It grows in meadows, scrub between 200–2700 m altitude in China. It grows in damp places. It can also grow in dry soil and beside roads. In Argentina it grows between 500-1,000 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by seed or by division.

NOTES

There are about 500 Silene species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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