PLANT FACT SHEET

Reseda phyteuma L.

GENUS *Reseda* **FAMILY** Resedaceae

COMMON NAMES Rampion Mignonette, Corn mignonette

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten.

DESCRIPTION

A short herb. It can grow for one or two years. It is hairy. The stems branch near the base. The lower leaves can have 1-2 lobes. Other leaves are unlobed. The flowers are white. They are 6-10 mm wide. The fruit is a capsule which is nodding. It is 12-14 mm long.

HABITAT

It is a temperate plant. It grows on waste ground.

NOTES

There are between 55 and 60 Reseda species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/16ae0c7b-ba72-4f02-994c-24b8de241a25