PLANT FACT SHEET

Stellaria alsine Grimm.

GENUS *Stellaria* **FAMILY** Caryophyllaceae

COMMON NAMES Bog Chickweed, Bog Stitchwort

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows each year from seed. The stems are tufted and 15-25 cm tall. The leaves do not have stalks. They are sword shaped and 1-2 cm long by 2-4 mm wide. The base is wedge shaped and partly clasps the stem.

HABITAT

It is a subtropical plant. In China it grows near streams and wetlands between 500-4,000 m above sea level. In Sichuan and Yunnan.

NOTES

There are about 120-130 Stellaria species. They are mostly in temperate regions.

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