PLANT FACT SHEET

Galium boreale L.

GENUS *Galium* **FAMILY** Rubiaceae

COMMON NAMES Northern bedstraw

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds - coffee

The leaves can be used in salads.
The tender leaves and stems can be cooked and eaten as a vegetable.
The roasted seeds can be used for coffee.

DESCRIPTION

A herb. It keeps growing from year to year. The stems are leafy and often in clusters. The base is woody. The leafy stems are 70 cm high. The leaves do not have stalks. The leaves are narrow and in rings of four. They are 2.5-7 cm long. The flowers are small and in many flowered clusters at the ends of the stems.

HABITAT

It is a temperate plant. It grows on open, dry hillsides in the Rocky Mountains. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants an be grown from seeds.

NOTES

There are about 300 Galium species. There are 60 species in tropical America.

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