PLANT FACT SHEET

# *Stellaria vestita* Kurz

**GENUS** *Stellaria* **FAMILY** Caryophyllaceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

Tender leaves and shoots are eaten as a vegetable.

## DESCRIPTION

A herb. It has star like hairs. The leaves do not have leaf stalks. The leaves are 0.5-3 cm long by 0.3-1 cm wide. They are oval and taper to a tip. The base is rounded. The flowers are in white, loose flat topped arrangements. The fruit is a capsule.

## HABITAT

In Nepal plants grow between 1500-2500 m altitude. In China between 600-3,600 m. It grows in moist, open places. In Sichuan and Yunnan.

## PRODUCTION

### Cultivation

Plants are grown from seed.

## NOTES

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

## REFERENCES


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Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 441



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