PLANT FACT SHEET

Primula vulgaris Huds.

GENUS *Primula* **FAMILY** Primulaceae

COMMON NAMES Primrose, Cowslip, English primrose, Primola

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, flower - nectar

The young leaves are eaten cooked and raw. The leaves are used in soups.
The flowers are eaten raw in salads. They are also cooked or used in conserves. The flowers are fermented with water and sugar. The nectar of the flowers is sucked.
Both leaves and flowers are made into syrup or tea. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.

DESCRIPTION

A herb. It grows 10-15 cm high and spreads 15-40 cm wide. The leaves have teeth. The leaves are often downy underneath. Flowers appear singly amongst the leaves. They are pale yellow and fragrant. They are 30 mm wide.

HABITAT

It is a temperate plant. It suits hardiness zones 6-9.

PRODUCTION

Cultivation

Plants can be grown from seed. Plants can also be divided.

NOTES

There are about 400 Primula species.

REFERENCES

Abbet, C., et al, 2014, Ethnobotanical survey on wild alpine food plants in Lower and Central Valais (Switzerland). Journal of Ethnopharmacology 151 (2014) 624–634

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Benvenuti, S. & Mazzoncini, M., 2021, The Biodiversity of Edible Flowers: Discovering New Tastes and New Health Benefits. Frontiers in Plant Science Article 569499.

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 832

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 207

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 832

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318 (As Primula acaulis)

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1084

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

Dogan, Y., et al, 2015, Of the importance of a leaf: the ethnobotany of sarma in Turkey and the Balkans. Journal of Ethnobiology and Ethnomedicine, 11:56

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement (As Primula acaulis)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 188

Fl. angl. 70. 1762

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 134

Gunes, S. et al, 2018, Survey of wild food plants for human consumption in Karaisali (Adana-Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 290-298

Hammer, K. & Spahillari, M., 1999, Crops of European origin. in Report of a networking group on minor crops. IPGRI p 44

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 240

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 257

Janaćković, P. et al, 2019, Traditional knowledge on plant use from Negotin Krajina (Eastern Serbia): An ethnobotanical study. Indian Journal of Traditional Knowledge Vol 18 (1), pp 25-33

Joyce, D., 1998, The Garden Plant Selector. Ryland, Peters and Small. p 259

Kargioglu, M., et al, 2008, An Ethnobotanical Survey of Inner-West Anatolia, Turkey. Human Ecology 36:763-777

Luczaj, L. et al, 2012, Wild food plant use in 21st century Europe: the disappearance of old traditions and the search for new cuisines involving wild edibles. Acta Soc Bot Pol 81(4):359–370 (As Primula acaulis)

Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 157

Marinelli, J. (Ed), 2004, Plant. DK. p 302

Mattalia, G., et al, 2012, Traditional uses of wild food and medicinal plants among Brigasc, Kye´, and Provenc¸al communities on the Western Italian Alps. Genet Resour Crop Evol. Springer (As Primula acaulis)

Michael, P., 2007, Edible Wild Plants and Herbs. Grub Street. London. p 171

Morley, B. & Everard, B., 1970, Wild Flowers of the World. Ebury press. Plate 15

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272 (Also as Primula acaulis)

Paoletti, M.G., Dreon, A.L., and Lorenzoni, G.G., 1995, Pistic, Traditional Food from Western Friuli, NE Italy. Economic Botany 49(1) pp 26-30 (As Primula acaulis)

Pardo-de-Santayana, M., et al, 2007, Traditional knowledge of wild edible plants used in the northwest of the Iberian Peninsula (Spain and Portugal): a comparative study. Journal of Ethnobiology and Ethnomedicine 2007, 3:27 (As Primula acaulis)

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

Pieroni, A., 1999, Gathered wild food plants in the Upper Valley of the Serchio River (Garfagnana), Central Italy. Economic Botany 53(3) pp 327-341

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

Redzic, S., 2010, Use of Wild and Semi-Wild Edible Plants in Nutrition and Survival of People in 1430 Days of Siege of Sarajevo during the War in Bosnia and Herzegovina (1992–1995). Coll. Antropol 34 (2010) 2:551-570

Full reference list (4 more) at https://www.echocommunity.org/en/resources/37e95f2f-3b7a-4230-b9a9-2edb42492a0e

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/37e95f2f-3b7a-4230-b9a9-2edb42492a0e