PLANT FACT SHEET

Herniaria glabra L.

GENUS *Herniaria* **FAMILY** Caryophyllaceae

COMMON NAMES Smooth rupturewort, Green carpet

EDIBLE PARTS AND USES

Edible parts: Flower - tea, Leaves

The flowering parts are used for herbal tea.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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Bonet, M. A. & Valles, J., 2002, Use of non-crop food vascular plants in Montseny biosphere reserve (Catalonia, Iberian Peninsula). International Journal of Food Sciences and Nutrition (2002) 53, 225–248

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

Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152, 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3e7038ee-419f-4ab8-91e2-5c37ae137c39