PLANT FACT SHEET

Stellaria nemorum L.

GENUS *Stellaria* **FAMILY** Caryophyllaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

DESCRIPTION

A herb. It grows each year from seed. It is slightly hairy. It grows 45-50 cm tall. The stems are 4 sided. The leaves are 2-4 cm long by 2-3 cm wide. They are slightly hairy.

HABITAT

It is a temperate plant.

REFERENCES

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 130

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/616c6ebd-7f39-4659-90d9-dd995caf8c6b