PLANT FACT SHEET

Centaurium erythraea Rafn

GENUS *Centaurium* **FAMILY** Gentianaceae

COMMON NAMES Common centaurium, European centaury

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Flowers - tea, Spice, Leaves - tea

The flowers are used to flavour wine.
The leaves are dried for tea.
The aerial parts are used as an additive in beer.
They are also used for tea.
They are eaten raw as an appetizer.

DESCRIPTION

A herb. It grows for one or two years. It grows 15-50 cm tall. The leaves are in a ring at the base. The leaves at the base are oval to sword shaped and 3-4 cm long by 1-2 cm wide. The leaves on the stem are 1-3 cm long and 5-15 mm wide. These do not have stalks and get smaller up the stem. The flowers are small and pink and tube shaped and like stars. The fruit is a capsule 7-9 mm long.

HABITAT

It is a temperate or Mediterranean plant. It grows up to 1,400 m above sea level.

PRODUCTION

Cultivation

Plants are grown from seeds.

REFERENCES

Alrhmoun, M., et al, 2026, Ecological fingerprints of mountain migration in wild food plants of North Macedonian and other Balkan Gorani. Discover Food (2026) 6:189

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

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

Di Tizio, A., et al, 2012, Traditional food and herbal uses of wild plants in the ancient South-Slavic diaspora of Mundimitar/ Montemitro (Southern Italy). Journal of Ethnobiology and Ethnomedicine 8:21

Dogan, Y., & Nedelcheva, A., 2015, Wild plants from open markets on both sides of the Bulgarian-Turkish border. Indian Journal of Traditional Knowledge. Vol. 14(3): 351-358

Kalle, R. & Soukand, R., 2012, Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s) Acta Societatis Botanicorum Poloniae 81(4):271-281

Luczaj, L., et al, 2015, Wild food plants and fungi used by Ukrainians in the western part of the Maramureş region in Romania. Acta Soc Bot Pol 84(3):339–346

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

Pawera, L., et al, 2017, Traditional Plant Knowledge in the White Carpathians: Ethnobotany of Wild Food Plants and Crop Wild Relatives in the Czech Republic. Hum Ecol (2017) 45:655–671

Pieroni, A. & Soukand, R., 2018, Forest as Stronghold of Local Ecological Practice: Currently Used Wild Food Plants in Polesia, Northern Ukraine. Economic Botany, XX(X) pp. 1-21

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 91

Shikov, A. N. et al, 2017, Traditional and Current Food Use of Wild Plants Listed in the Russian Pharmacopoeia. Frontiers in Pharmacology. Vol. 8 Article 841

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

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 159

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/6739cb07-a0fa-4e36-ae29-2bad85ed1aed