PLANT FACT SHEET

Alchemilla alpina L.

GENUS *Alchemilla* **FAMILY** Rosaceae

COMMON NAMES Alpine lady's mantle

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Leaves - tea

The young leaves are eaten raw or cooked.
The root is eaten cooked.
The leaves are used to blend tea.

DESCRIPTION

A small perennial herb. It has a creeping woody rootstock and forms mats. It grows 0.15 m high and spreads 0.15 m wide. The leaves are greyish green on top and silvery underneath. They have long stalks. The flowers are greenish-yellow and small.

HABITAT

It is a temperate plant. It grows naturally in northern and western Europe on acid soils. It is damaged by drought and frost. It grows on a range of soils but does best on well drained acid soils. It can grow in sun or part shade. In Hobart Botanical gardens.

PRODUCTION

Cultivation

It is grown from seed sown in the spring. The seed usually germinates in 3 - 4 weeks at 16°C. Plants can also be grown by division of the clump.

NOTES

There are about 250-300 Alchemilla species.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/695f22ef-a522-4143-b35e-ecab05684344