PLANT FACT SHEET

Geum urbanum L.

GENUS *Geum* **FAMILY** Rosaceae

COMMON NAMES Wood avens, Herb Bennet

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Spice

The young shoots are used as a potherb.
The rhizome is used as a spice in soups and sauces.
The leaves are used for tea.
It is used for flavouring ale.

DESCRIPTION

A small plant that keeps growing from year to year. It grows 60 cm high and spreads 50 cm wide. The stems are erect, hairy and branching. The leaves at the base have leaf stalks. They are harp shaped with leaflets along the stalk and double teeth around the edge. The lower stem leaves have 3 lobes and the upper leaves are simple. The flowers are yellow. They are small and occur singly. They occur at the ends of branches and have 5 petals.

HABITAT

It is a temperate plant. It needs a light to medium well-drained soil. It needs an open sunny position. It is resistant to frost but sensitive to drought. It suits hardiness zone 7.

PRODUCTION

Cultivation

Plants can be grown by seed or division.

NOTES

There are about 40 Geum species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6e1b9cbc-6cc9-47f8-bf56-c72d856ed82b