PLANT FACT SHEET

Campanula lactiflora Bieb.

GENUS *Campanula* **FAMILY** Campanulaceae

COMMON NAMES Milky bellflower

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Stem

The leaves are eaten raw or cooked. They are also pickled.
The flowers are eaten raw or cooked.

DESCRIPTION

A perennial herb. It grows 12-15 cm high and 60-120 cm wide. The upright stems have leaves along them. The leaves at the base are oval. The leaves on the stem are narrow. The flowers are blue. They have 5 petals. They are open and bell shaped. These occur in heads.

HABITAT

A temperate plant. It is best in well-composted, well-drained moist soils. It is frost hardy. It is damaged by drought. It suits hardiness zones 5-9.

PRODUCTION

Cultivation

Plants can be grown by seed or division.

NOTES

There are about 300 Campanula species.

REFERENCES

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 208

Bussman, R. W., et al, 2021, Unity in diversity–food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 8 (As Gadellia lactiflora)

Crawford, M., 2012, How to grow Perennial Vegetables. Green Books. p 79

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 320

Fl. taur.-caucas. 1:153. 1808

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 58

Joyce, D., 1998, The Garden Plant Selector. Ryland, Peters and Small. p 213

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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/70724b6f-3f4c-4955-b351-b83ded297f9a