PLANT FACT SHEET

Gentiana verna L.

GENUS *Gentiana* **FAMILY** Gentianaceae

COMMON NAMES Spring gentian

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - flavouring

The flowers are used to flavour liqueurs.

DESCRIPTION

A herb. It forms a mat. The stem has 3 pairs of narrowly oval leaves. They tend to have a fold along the central vein. The flowers are dark blue with white throats. They have 5 petals. The flowers are 1-2 cm wide.

HABITAT

It is a temperate plant. It grows in alpine meadows.

REFERENCES

Abbet, C., et al, 2014, Ethnobotanical survey on wild alpine food plants in Lower and Central Valais (Switzerland). Journal of Ethnopharmacology 151 (2014) 624–634

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/787d4147-9039-4593-8ed8-fe4b376e8d1b