PLANT FACT SHEET

Phyteuma orbiculare L.

GENUS *Phyteuma* **FAMILY** Campanulaceae

COMMON NAMES Roundheaded rampion

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Flowers

The leaves and fleshy roots are eaten in salads and also cooked as a vegetable. Also the flowers.

DESCRIPTION

A herb. It grows 20-50 cm tall. The flowers are blue. They occur in a head.

HABITAT

It is a temperate plant. It grows between 600-2,400 m above sea level.

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