PLANT FACT SHEET

Cerastium fontanum subsp. triviale (Spenn.) Jalas

GENUS *Cerastium* **FAMILY** Caryophyllaceae

COMMON NAMES Chickweed, Mouse ear chickweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Stems

The leaves can be eaten in salads. They can also be used in soups and stews.
The stems and flowers can be used in cooked dishes.

DESCRIPTION

A small herb. It usually lives for a few years. It grows 60 cm high. The stems can be branched or simple. They leaves are opposite. The leaves are 10-25 mm long by 3-9 mm wide. The flowers are small and white. They are in the axils of the upper leaves. The flowers are 1 cm across. The white petals are deeply notched.

There is some confusion over Cerastium fontanum and the subsp.

HABITAT

It grows in temperate places. It grows in forests, forest margins, mountain slopes, hilltop grasslands, fields, sandy soils, rock crevices, roadsides between 100–4300 m altitude in China. Tasmania Herbarium.

NOTES

There are about 100 Cerastium species.

REFERENCES

Arch. Soc. Zool. Bot. Fenn. "Vanamo" 18:63. 1963 (As Cerastium fontanum subsp. triviale)

Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 93 (As Cerastium fontanum subsp. triviale)

Flora of Pakistan. www.eFlora.org (As Cerastium fontanum subsp. triviale)

Hwang, HS, et al, 2014, Distribution characteristics of plant in the Ungseokbong Mountain, Gyeongsangnam-do, Korea. Journal of Asia-Pacific Biodiversity. 7(2014) e164-e178 (As Cerastium holosteoides var. hallaisanense (Nakai) Mizush)

Hyde-Wyatt, B.H. & Morris D.I., 1975, Tasmanian Weed Handbook. Dept of Ag Tasmania. p 77 (As Cerastium fontanum subsp. triviale)

Lu Dequan, Wu Zhengyi, Zhou Lihua, Chen Shilong; Michael G. Gilbert, Magnus Lidén, John McNeill, John K. Morton, Bengt Oxelman, Richard K. Rabeler, Mats Thulin, Nicholas J. Turland, Warren L. Wagner, CARYOPHYLLACEAE, Flora of China. (As Cerastium fontanum subsp. triviale)

Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 195 (As Cerastium fontanum subsp. triviale)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Cerastium fontanum subsp. triviale)

Tasmanian Herbarium Vascular Plants list p 18 (Cerastium fontanum subsp. vulgare)

Upson, R., & Lewis R., 2014, Updated Vascular Plant Checklist and Atlas for the Falkland Islands. Falklands Conservation and Kew.

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/8ed8ab5d-711b-4875-9841-025d9a3cf786