PLANT FACT SHEET

Silene vulgaris subsp. commutata (Guss.) Hayek

GENUS *Silene* **FAMILY** Caryophyllaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Roots, Leaves

The roots are eaten raw. The leaves are used in soups.
The leaves are cooked and eaten.

DESCRIPTION

A herb. It keeps growing from year to year.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

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Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 222

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232 (As Silene bosniaca)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8f21b8fb-b7c5-4f74-8951-5ae229bdabea