PLANT FACT SHEET

Arenaria serpyllifolia L.

GENUS *Arenaria* **FAMILY** Caryophyllaceae

COMMON NAMES Thyme-leaf sandwort

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used in soup. They are also cooked as a vegetable.

DESCRIPTION

An annual herb. Sometimes it takes 2 years to complete its life cycle. The stems are erect or curve upwards. It is 3-15 cm high. It branches at the base. The lower leaves have short leaf stalks. The upper leaves do not have leaf stalks. The leaf blade is broad and oval. It is 3-6 mm long. It tapers to the tip. There are usually 3-5 veins. There are 5 sepals and 5 petals. They are white. The fruit is a capsule which is flask shaped. It is wider at the base. It splits open with 6 teeth. The seeds are about 0.5 mm across. They are lumpy and dark brown.

HABITAT

A temperate plant. It grows in mountain grassland slopes, sandy or stony barrens, fields, gardens between 600–4000 m altitude in many places in China. It grows in sandy places. Tasmania Herbarium.

PRODUCTION

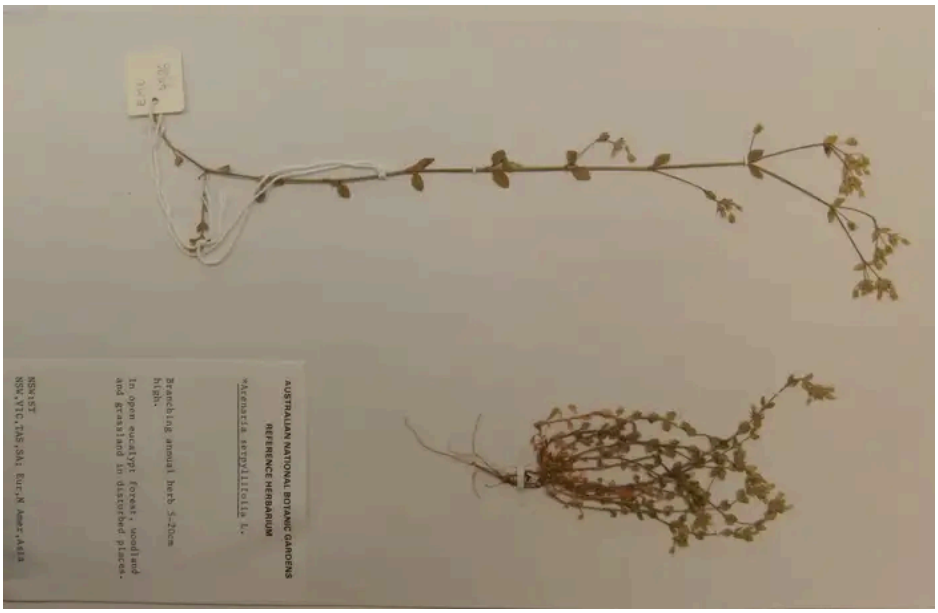
Cultivation

Plants are grown from seeds.

NOTES

It is used in medicine. There are about 150-160 Arenaria species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9e0eb358-66ee-41ec-97a7-a00a45f3ea62