PLANT FACT SHEET

Primula veris L.

GENUS *Primula* **FAMILY** Primulaceae

COMMON NAMES Cowslip, Primula

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Spice, Leaves - tea, flower - nectar

The flowers are added to salads. They are also used in conserves and pickles.
They are also used for wines and for tea.
The flowers have also been candied. The flowers are dried for tea.
The young leaves are eaten raw in salads and cooked as a potherb and used as a substitute for tea. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.

DESCRIPTION

A herb. It grows 30 cm high and spreads 40 cm wide. It keeps growing from year to year. The leaves can be smooth or have coarse teeth. They are 5-20 cm long. The leaves grow from the base of the stem. The flower stems are downy. They have up to 16 yellow flowers. The flowers are sweet smelling. The sepals are pale green.

HABITAT

It is a temperate plant. It suits hardiness zones 5-9.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are about 400 Primula species.

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