PLANT FACT SHEET

Silene dioica (L.) Clairv.

GENUS *Silene* **FAMILY** Caryophyllaceae

COMMON NAMES Red campion

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are boiled for several minutes then drained and sauteed with butter and garlic.

DESCRIPTION

A small herb. It grows 60 cm high and spreads 30 cm wide. It keeps growing from year to year. The leaves are downy and in rings. The flower stems are tall and stiff and branching. The flowers are pink or white.

HABITAT

It is a temperate plant. It grows in woods and on rocky hills and cliffs in Europe. In Argentina it grows below 500 m above sea level. It suits hardiness zones 6-10.

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