PLANT FACT SHEET

Valeriana locusta L.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Corn salad, European lamb's lettuce, White pot herb

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are eaten mostly fresh. They are used in salads.
They can be lightly cooked and used in soups and omelettes.
The flowers and flower stalks are eaten.

DESCRIPTION

A low growing hardy annual herb. It produces rosettes of spoon shaped leaves. It grows 10-30 cm high and spreads to 40 cm across. The stem is low and branches from near the base. The stems are slender, forked and angular. The leaves at the base are in a ring and those on the stems are opposite in 3-4 pairs. They do not have leaf stalks. Leaves are round, and dark green. They are 10 cm long and 2 cm wide. The flowers are purplish-blue. They are in clusters at the ends of branches. They are funnel shaped and 2 mm long. The fruit are diamond shaped and 2-4 mm wide. One side is fertile and has one seed.

HABITAT

It is a cold temperate plant. It will grow in most types of soil. It is frost resistant. A very cold resistant vegetable suitable for high altitude areas in the tropics. It cannot tolerate drought. Plants should be in a sunny position. It grows best in cool seasons. It grows in temperate regions as far north as 60°N. It suits hardiness zones 5-9. Tasmania Herbarium. Hobart Botanical Gardens.

PRODUCTION

Cultivation

Plants are mostly grown from seed. Plants should be 10-25 cm apart. They can be transplanted.

Harvesting and Seed Production

Leaves are harvested one by one. Leaves are available in mid winter in temperate areas.

NOTES

Also put in the family Valerianaceae.

PICTURES



Credit: Food Plants International (Bruce French)



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