PLANT FACT SHEET

Gypsophila paniculata L.

GENUS *Gypsophila* **FAMILY** Caryophyllaceae

COMMON NAMES Baby's breath, Soapwort root

EDIBLE PARTS AND USES

Edible parts: Root

The root is used to make a frothy vegetable cream used as a dip for cookies.

DESCRIPTION

A herb. It keeps growing from year to year. The roots are stout. There is a single stem. It grows 30-80 cm tall. The leaves are sword shaped or narrow and 2-5 cm long by 3-7 mm wide.

HABITAT

It is a temperate plant. It grows in grassland and rocky slopes as well as on dunes and flooded land. In China it grows between 1,100-1,500 m above sea level.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/aa1081ca-a074-4301-9a18-f48fe5d1e00e