PLANT FACT SHEET

Umbilicus rupestris (Salisb.) Dandy

GENUS *Umbilicus* **FAMILY** Crassulaceae

COMMON NAMES Pennywort, Navelwort, Wall pennywort

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten in salads. They can be fried with other vegetables.

DESCRIPTION

A herb which forms tubers and keeps growing from year to year. The leaves near the base are round. They have a long stalk. The edges of the leaves are scalloped. The leaves up the stem become gradually smaller up the stem. The flowers are pale green to creamy white and can have a pink tinge. They are tube shaped and 7-10 mm long. They hang down. They grow in long tapered groups.

HABITAT

It is a temperate plant. They grow on rocks, cliffs and old walls. They grow in coastal and mountain regions.

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