PLANT FACT SHEET

Rabelera holostea (L.) M.T.Sharples & E. A.Tripp

GENUS *Rabelera* **FAMILY** Caryophyllaceae

COMMON NAMES Greater stitchwort

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked as a vegetable.

DESCRIPTION

A herb. It grows 50 cm tall. The leaves are long and narrow. The flowers are white and 2-3 cm across. There are 5 petals spli about half way down.

HABITAT

It is a temperate plant.

REFERENCES

http://www.botanic-gardens-ljubljana.com/en/plants (As Stellaria holostea)

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232 (As Stellaria holostea)

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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/bf443c23-29bf-4fb7-8bb6-4b38fb2df163