PLANT FACT SHEET

Geum montanum L.

GENUS *Geum* **FAMILY** Rosaceae

COMMON NAMES Alpine avens

EDIBLE PARTS AND USES

Edible parts: Roots - spice, Leaves

They are used in salads and as a spice. They have a clove like taste.

DESCRIPTION

A herb that forms clumps. It has thick spreading rhizomes or underground roots. The leaves have leaflets and these have teeth along the edge. The flowers are 3-4 cm across and golden yellow.

HABITAT

It is a temperate plant. It grows in the mountains. It is often between 1,430-2,300 m above sea level.

REFERENCES

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

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 165

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c8da4791-6078-4b43-8f55-3fffb20579dc