PLANT FACT SHEET

# *Valerianella microcarpa* Loisel.

**GENUS** *Valerianella* **FAMILY** Caprifoliaceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

## DESCRIPTION

A herb. It grows 5-25 cm tall. The stems are soft. It has a tap root 3-9 cm long. The leaves are 1-7 cm long and without stalks. They are up to 1 cm wide.

## HABITAT

It is a Mediterranean plant.

## REFERENCES

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

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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/c8dc6a2a-3c1f-4e5b-b77a-94d35c0f2687