PLANT FACT SHEET

Silene uniflora Roth

GENUS *Silene* **FAMILY** Caryophyllaceae

COMMON NAMES Sea campion

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

DESCRIPTION

A herb. It grows 30 cm tall. It forms dense mats. The leaves are hairless and grey-green and waxy. They do not have stalks and are in opposite pairs. They are sword shaped. The flowers are on upright stems and usually occur singly. They have 5 lobed petals.

HABITAT

It is a temperate plant. It usually grows near the coast.

REFERENCES

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 130

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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/ce8afb1b-0a06-49a0-8d64-69fe22d3acaa