PLANT FACT SHEET

Galium odoratum (L.) Scop.

GENUS *Galium* **FAMILY** Rubiaceae

COMMON NAMES Sweet woodruff

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves - tea, Herb, Spice

The dried flowers are used for flavouring. They are used in drinks.
Dried leaves are used as a tea substitute.
The leaves can be used as flavouring in cooked apple dishes and other dishes.

DESCRIPTION

A small plant which keeps growing from year to year. It grows 45 cm high and spreads 90 cm wide. The stems are square in cross section. All parts of the plant have an odour. The leaves are narrow and stiff. They are slightly prickly. They are 5 cm long. They occur in neat rings of 6 to 8. The flowers are small and white. They are 35 mm across. They have a sweet scent.

HABITAT

It is a temperate plant. In China it grows in mountain forests between 1,500-2,800 m above sea level. It suits hardiness zones 3-9. In Hobart Botanical gardens.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

There are about 300 Galium species. There are 60 species in tropical America.

PICTURES



Credit: Food Plants International (Bruce French)



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