PLANT FACT SHEET

Campanula rotundifolia L.

GENUS *Campanula* **FAMILY** Campanulaceae

COMMON NAMES Common harebell, Scotch bellflower

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Flowers - tea

The leaves are eaten raw or cooked.
The root is a famine food. It can be eaten raw in salads.
The flowers are dried and used for a tea drink.

DESCRIPTION

A herb. It grows 40 cm tall. It keeps growing from year to year.

HABITAT

It is a temperate plant. It can grow in poor shallow soils and on cliffs. It suits USDA hardiness zones 4-9. It can tolerate frosts. It grows to 70°N latitude.

REFERENCES

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 129

Jack, M., Wild Foods and Medicines of Forest Garden Transylvania. http://www.forestgardentransylvania.org/ p21

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 73

PARMENTIER, (As Rapunculus esculentus)

Urgamal, M., Oyuntsetseg, B., Nyambayar, D. & Dulamsuren, Ch. 2014. Conspectus of the vascular plants of Mongolia. (Editors: Sanchir, Ch. & Jamsran, Ts.). Ulaanbaatar, Mongolia. "Admon" Press. 334pp. (p. 158-187).

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d70243b4-3d2a-4b60-b9de-1c6e55f6a300