PLANT FACT SHEET

Stellaria aquatica (L.) Scop.

GENUS *Stellaria* **FAMILY** Caryophyllaceae

COMMON NAMES Water chickweed, Starwort

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young shoots are cooked and eaten. They are also eaten fresh in salads.
The tender stems and leaves are boiled or stir-fried.

DESCRIPTION

It is like Stellaria media but has very small flowers. A herb. It grows 20-35 cm high. It keeps growing from year to year. The leaves are 2-5 cm long by 1-2 cm wide. They are oval. The flowers are white. The flower petals have 2 deep lobes. The seeds are kidney shaped.

HABITAT

A temperate plant. In Pakistan it grows between 1,000-2,700 m altitude. It grows in moist places. It grows in wetlands. It grows throughout China and occurs between 300-2,700 m above sea level. In Yunnan.

NOTES

There is only one Myosoton species. Chemical composition: Ash = > 13%. Calcium oxide = > 1.8%. Rich in iron.

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