PLANT FACT SHEET

Alchemilla mollis (Buser) Rothm.

GENUS *Alchemilla* **FAMILY** Rosaceae

COMMON NAMES Lady's Mantle

EDIBLE PARTS AND USES

Edible parts: Leaves

The sharp young leaves are added to Swiss tea blends and added in small amounts to salads.

DESCRIPTION

A clump forming soft stemmed herb. It keeps growing from year to year. It grows 40-60 cm high and spreads 50-75 cm wide. The leaves have a downy softness. They are rounded and grey-green. The flowers are tiny and greenish-yellow.

HABITAT

It is a temperate plant. It grows on woodland margins. It is especially on moist soils. Plants are frost hardy. It suits hardiness zones 4-9. In Geelong Botanical Gardens.

PRODUCTION

Cultivation

It self seeds freely. Plants can also be grown by division.

NOTES

There are about 250-300 Alchemilla species. This one is used in medicine. The dried leaves are used in herbal infusions.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dc0ec15d-dd17-4318-93ef-e7851f791a42