PLANT FACT SHEET

Cerastium vulgatum L.

GENUS *Cerastium* **FAMILY** Caryophyllaceae

COMMON NAMES Mouse-ear chickweed

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb that keeps growing from year to year. It has slender shoots that lie along the ground that are 15 cm long. The flowering shoots bend upwards. They are 45 cm long. The stems and leaves have spreading hairs. The leaves on the flowering shoots are narrowly oval. They are 1-2.5 cm long. They are dark green and without leaf stalks. The petals are white and divided. The fruit capsule is curved and 7-10 mm long. There are many reddish-brown seeds.

HABITAT

It is a temperate plant. It grows easily as a self sown plant in cultivated areas.

NOTES

There are about 100 Cerastium species.

REFERENCES

Curtis, W.M., 1956, The Students Flora of Tasmania Vol 1 p 66

Elias, T.S. & Dykeman P.A., 1990, Edible Wild Plants. A North American Field guide. Sterling, New York p 85

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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/dfa48395-2dc9-401b-87a0-db0bda79aa0b