PLANT FACT SHEET

Lysimachia vulgaris L.

GENUS *Lysimachia* **FAMILY** Primulaceae

COMMON NAMES Yellow loosestrife

EDIBLE PARTS AND USES

Edible parts: Leaves

The middle of the stem is eaten as a snack.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 100 cm high. The branches are softly hairy. The lower leaves are alternate and the higher leaves are in rings. The leaf blade is 5-6 cm long by 3-4 cm wide. They are narrowly oval and darker on the upper surface.

HABITAT

It is a temperate climate plant. It grows on the edges of lakes and marshes. In western China it grows between 500-700 m above sea level.

PRODUCTION

Cultivation

It can spread by seed and by underground stems.

NOTES

There are about 150 Lysimachia species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Flora of Pakistan. www.eFloras.org

http://www.botanic-gardens-ljubljana.com/en/plants

Jack, M., Wild Foods and Medicines of Forest Garden Transylvania. http://www.forestgardentransylvania.org/ p26

Kalle, R. & Soukand, R., 2012, Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s) Acta Societatis Botanicorum Poloniae 81(4):271-281

Morley, B.D., & Toelken, H.R., (Eds), 1983, Flowering Plants in Australia. Rigby. p 119

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Sp. pl. 1:146. 1753

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/e72c0b4d-4a07-48d6-b5b4-75be392d0c3d