PLANT FACT SHEET

Galium verum L.

GENUS *Galium* **FAMILY** Rubiaceae

COMMON NAMES Lady's Bedstraw, Yellow bedstraw, Yellow cleavers

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Seeds

The seeds are used as a coffee substitute.
The yellow colouring was used for colouring cheese and butter.
The flowering tops are used to curdle milk for cheese and yoghurt.
The flowering tops in water are used as a drink.

DESCRIPTION

A herb or small plant. It grows 0.9-1.2 m tall and spreads 0.9 m wide. It keeps growing from year to year and forms clumps. The stems are square and can become woody near the base. The leaves are small and narrow. They are 30 mm long. They occur in rings of 6 to 8 and have rough edges. These are rolled under and have bristles at the tips. The flowers occur in dense spikes. They are star shaped and yellow.

HABITAT

It is a temperate plant. It grows in open woodland and grassland. Hobart Botanical Gardens. It suits hardiness zones 2-10. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

There are about 300 Galium species. There are 60 species in tropical America.
Chemical composition: citric and glallotanic acids; asperulosid glucoside = 0.21%; minute quantity of a fragrant oil. There are about 300 Galium species. There are 60 species in tropical America.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 180

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 485

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 173

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 219

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318

Ciocarlan, N. & Ghendov, V., 2015, Ethnobotanical and Ecological Studies of Wild Edible Plants from Bugeac Steppe, Republic of Moldova. Journal of EcoAgriTourism. Cailta terra Vol. 11(2):

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 624

Dogan, Y., & Nedelcheva, A., 2015, Wild plants from open markets on both sides of the Bulgarian-Turkish border. Indian Journal of Traditional Knowledge. Vol. 14(3): 351-358

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 212

Flora of Pakistan. www.eFloras.org

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 135

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 322

Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 286

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 108

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 53

Jack, M., Wild Foods and Medicines of Forest Garden Transylvania. http://www.forestgardentransylvania.org/ p10

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1798

Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 141

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

READ, (As Galium verum var. lacteum)

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

Redzic, S., 2010, Use of Wild and Semi-Wild Edible Plants in Nutrition and Survival of People in 1430 Days of Siege of Sarajevo during the War in Bosnia and Herzegovina (1992–1995). Coll. Antropol 34 (2010) 2:551-570

Simkova, K. et al, 2014, Ethnobotanical review of wild edible plants used in the Czech Republic. Journal of Applied Botany and Food Quality 88, 49-67

Sp. pl. 1:107. 1753

Tasmanian Herbarium Vascular Plants list p 51

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

UPHOF, (As Galium verum var. lacteum)

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. 79-90).

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/f05b7586-7ff2-4709-b5f1-25d7bb2d0243