PLANT FACT SHEET

Galium rotundifolium L.

GENUS *Galium* **FAMILY** Rubiaceae

COMMON NAMES Roung-leaved bedstraw

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled and eaten.

DESCRIPTION

An erect herb. It grows 15-30 cm tall. The leaves are broadly oval and usually in rings of 4. The flowers are in a widely branching group at the ends of the stalk. They are white. The fruit are green with long hooked hairs.

HABITAT

It is a temperate plant. It can grow from sea level to 2,000 m above sea level.

REFERENCES

Pieroni, A., et al, 2023, Bitter Is Better: Wild Greens Used in the Blue Zone of Ikaria, Greece. Nutrients 15, 3242.

PROVIDED BY **Food Plants International**

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/f516a091-8bca-4d9b-b2e6-9a6cc7196ae7