PLANT FACT SHEET

Valerianella carinata Loisel.

GENUS *Valerianella* **FAMILY** Caprifoliaceae

COMMON NAMES Keeled-fruited cornsalad, European Cornsalad, Gallinella, Pancagiolo, Pancagiotto

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw in salads.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

NOTES

There are 50 Valerianella species.
Also put in the family Valerianaceae.

REFERENCES

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Pieroni, A., 1999, Gathered wild food plants in the Upper Valley of the Serchio River (Garfagnana), Central Italy. Economic Botany 53(3) pp 327-341

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f8647a76-5ee3-4012-93d9-b065c94b6d67