



PLANT FACT SHEET

Campanula rapunculus L.

GENUS *Campanula* **FAMILY** Campanulaceae

COMMON NAMES Rampion, Rampion bellflower

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Vegetable, Flowers

The tender young leaves are eaten raw or cooked. They are also used in soups.

The young roots can be eaten raw in salads while older roots are cooked either boiled, roasted or fried.

DESCRIPTION

A plant less than 1 m high and spreads to 0.5 m wide. It grows either as a plant with a two year life cycle or as a perennial growing year after year. The stem is erect, stiff and hairy. The leaves vary but are about 7 cm long. The leaves near the base are oblong and on long leaf stalks while the leaves along the stem are narrow and entire and with very short leaf stalks. The flowers are reddish purple and form long branching clusters.

HABITAT

It is a temperate plant. It prefers a well drained but moist soil. It does best when the soil is neutral or alkaline. It can tolerate a pH range of 4.8 to 7.5. Plants can tolerate heavy frosts (-15°C). It occurs naturally in grassy sites and heaths in temperate northern hemisphere places. It suits hardiness zones 4-9.

PRODUCTION

Cultivation

The plant is self fertile and seed breed true. When grown for its edible root the plant should not be allowed to flower. Seed can be sown where the plants are to grow and they will germinate in 2-4 weeks. Plants can also be grown by division or by cuttings.

NOTES

There are about 300 *Campanula* species.

PICTURES



Credit: Food Plants International (Bruce French)

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