

Chickweed

Stellaria media (Family Caryophyllaceae)



Tastes very tasty and the stems remain tender and crunchy even in autumn. Can be eaten whole in wild herb salads.



Opposite leaves with deeply lobed petals. Single-row hairline on the stem!



Contains a lot of vitamin C - (50g cover the daily needs of an adult !), flavonoids and essential oils.



Can easily be confused with the species of the genus chickweed, hornworts and sandworts. But these are all edible.