PLANT FACT SHEET

Eryngium creticum Lam.

GENUS *Eryngium* **FAMILY** Apiaceae

COMMON NAMES Cretan eryngo, Small-headed blue eryngo

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Roots

The leaves and stems are preserved in vinegar and also eaten raw in salads. They are used in pickles.
The roots are eaten raw or cooked.

DESCRIPTION

A herb which keeps growing from year to year. Sometimes it is an annual. It grows 1 m tall. The stems are erect and violet-blue. They have many branches. The leaves can be oval or rounded. The base is heart shaped. They have teeth or 3 lobes. The leaves are leathery and on long stalks. The flower head is violet blue and spreading. The flowers are in round heads. These are 5-10 mm across. There are 5-7 bracts. There are 1 or 2 pairs of spines at the base.

HABITAT

It is a Mediterranean plant. It grows in wasteland in grassy and stony areas. It grows in dry habitats in waste places and in cliff crevices.

NOTES

There are 230 Eryngium species.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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