PLANT FACT SHEET

Ononis spinosa subsp. leiosperma L. (Boiss) Sirj.

GENUS *Ononis* **FAMILY** Fabaceae

COMMON NAMES Spiny restharrow

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used in stews and other dishes.

DESCRIPTION

A shrub. It grows 30-50 cm tall. It is spiny. The lower leaves can have 3 leaflets and the upper ones have 1 leaflet. The flowers are white and purple. They occur singly in the axils of the leaves.

HABITAT

It is a temperate plant. It Cyprus it has grown up to 1,300 m above sea level.

NOTES

Roots medicine.

REFERENCES

Ertug, F., 2000, An Ethnobotanical Study in Central Anatolia (Turkey). Economic Botany Vol. 54. No. 2. pp. 155-182

Polat, R., et al, 2015, Survey of wild food plants for human consumption in Elazig (Turkey). Indian Journal of Traditional Knowledge. Vol. 1(1): 69-75

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/001c4dc2-e98f-421a-a301-4f7bd58f2e7a