PLANT FACT SHEET

Lithodora fruticosa (L.) Griseb.

GENUS *Lithodora* **FAMILY** Boraginaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - nectar

The nectar of the flowers is sucked.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

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

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/03b0be1f-7af6-4a93-a8b6-d8a0afc198cb