PLANT FACT SHEET

Asphodelus albus Boiss.

GENUS *Asphodelus* **FAMILY** Asphodelaceae

COMMON NAMES White asphodel

EDIBLE PARTS AND USES

Edible parts: Root, Tuber, Leaves, Flowers

Caution
The root is cooked and reduced to a pulp then blended with barley and buckwheat flours.
The leaves and flowers are used as a yoghurt starter.

DESCRIPTION

A clump forming herb. It keeps growing from year to year. It grows 1 m tall. It has a swollen root. The leaves are very narrow and 60 cm long. The flowering stems are 30-90 cm tall. The flowers are white or pink. They have a pinkish-brown stripe on each petal. The flowers are 30-40 mm long and in dense spike like groups.

HABITAT

It is a temperate plant. It grows on rocky ground and woodland. It suits hardiness zones 6-10.

NOTES

There are 12 Asphodelus species.
Also put in the family Asphodelaceae.

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PARMENTIER

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/06b4d075-56c6-4ddc-a6d7-62b084ca6adc