PLANT FACT SHEET

Asphodelus tenuifolius Cav.

GENUS *Asphodelus* **FAMILY** Asphodelaceae

COMMON NAMES Annual asphodel

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Vegetable

The seeds are eaten raw.
They are also used to make a kind of dried milk.
The plant is eaten raw and cooked. The seeds are aerial parts are processed into flour and used to make cakes and porridge.
The leaves are used for sauce and soup.

DESCRIPTION

An annual herb. It has several fleshy roots. It grows 10-50 cm high. The leaves are narrow and hollow and cylinder shaped. They are less than 5 mm across. The flowers are bell shaped and on the upper part of the flower stalk that arises from the leaves at the base. The flowers are white or pink. The tepals are 4-7 mm long. The fruit capsule is 3-4 mm long. It has a brown vein down the middle.

HABITAT

It grows in tropical and Mediterranean places. It grows in grassland and sandy and rocky places. In India it grows up to 2,100 m above sea level. It grows in the desert. It can grow in arid places. It grows in the Sahara.

NOTES

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

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