PLANT FACT SHEET

Eryngium campestre L.

GENUS *Eryngium* **FAMILY** Apiaceae

COMMON NAMES Field eryngo, Snakeroot

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Stems

Young shoots are used as a substitute for asparagus. They are also used in soups.
The roots can be candied and eaten. They are also cooked as a vegetable.

DESCRIPTION

A short perennial herb. The leaves at the base are leathery. They are oval and have 3 lobes. They have spiny teeth. The stalks do not have wings. The leaves on the stems do not have stalks. They clasp the stem. The flowers are pale greenish-white or greenish yellow. They are in rounded or spreading heads. They are 10-15 mm across. There are 6-7 bracts. These are sword shaped and 15-45 mm long.

HABITAT

It is a Mediterranean plant. It grows in dry habitats. It is often on stony ground and in the Mediterranean can be on the coast or inland.

NOTES

There are 230 Eryngium species. It is used in medicine.

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