PLANT FACT SHEET

Ononis natrix L.

GENUS *Ononis* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a vegetable.

DESCRIPTION

A herb or small shrub. It grows 10-70 cm tall. It is densely hairy. The leaves have 3 leaflets. These ate oblong and 1-3 cm long. The base is wedge shaped and they taper to the tip. The flowers are yellow with red veins. The pod is nattow and 10-25 mm long by 3-4 mm wide. There are 6-9 round seeds.

HABITAT

It is a temperate plant.

REFERENCES

Ghanimi, R., et al, 2022, Ethnobotanical study on wild edible plants traditionally used by Messiwa people, Morocco. Journal of Ethnobiology and Ethnomedicine. 18:16

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0d311408-59ea-4f0e-86af-0965e636338d