PLANT FACT SHEET

Arnica montana L.

GENUS *Arnica* **FAMILY** Asteraceae

COMMON NAMES European montana

EDIBLE PARTS AND USES

Edible parts: Flowers - spice, tea

The flowers are bitter and used to flavour liqueurs.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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/0e183705-acd8-4d5c-8f5e-5b3dc1e88f60