PLANT FACT SHEET

Allium subhirsutum L.

GENUS *Allium* **FAMILY** Amaryllidaceae

COMMON NAMES Hairy garlic

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root, Bulb

The leaves are fried with egg.
The flowers can be eaten raw or used as a garnish in salads.
The bulbs are eaten raw or cooked.

DESCRIPTION

An onion family plant. It is a bulb plant. It grows 20-30 cm high and spreads 20-40 cm wide. The leaves are grass like but fairly broad and flat. They have fine hairs on the edge. The leaves are 25-50 cm long. There are 2-3 leaves on each bulb. The flowers are white and in loose heads. These heads are 3-6 cm across.

HABITAT

It is a warm temperate plant. It grows in rocky and sandy habitats. It is often close to the sea. It suits hardiness zones 9-10.

NOTES

There are about 300-700 Allium species. Most species of Allium are edible (Flora of China). All alliums are edible but they may not all be worth eating! They have also been put in the family Alliaceae.

REFERENCES

Ahiskali, M., Ari, C. & Selvi, S., Edible wild plants and their consumption during winterin a rural village of Kazdagi (Mount Ida)

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 485

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 128

Dogan, Y., 2012, Traditionally used wild edible greens in the Aegean Region of Turkey. Acta Societatis Botanicorum Poloniae 81(4): 329-342

Dogan, Y. et al, 2013, Wild Edible Plants sold in the Local Markets of Izmir, Turkey Pak. J. Bot. 45(S1): 177-184

Dolina, K. & Luczaj, L., 2014, Wild food plants used on the Dubrovnik coast (south-eastern Croatia) Acta Soc Bot Pol 83(3):175–181

Ertug, F., 2004, Wild Edible Plants of the Bodrum Area. (Mugla, Turkey). Turk. J. Bot. 28 (2004): 161-174

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Gurdal, B. & Kultur, S., 2014, The edible and miscellaneous useful plants in Marmaris (Southwest Turkey). İstanbul Ecz. Fak. Derg. / J. Fac. Pharm. Istanbul 44(1) 2014 pp.69-78

Licata, M., et al, 2016, A survey of wild plant species for food use in Sicily (Italy) – results of a 3-year study in four Regional Parks. Journal of Ethnobiology and Ethnomedicine 12:12

Luczaj et al, 2013, Wild vegetable mixes sold in the markets of Dalmatia (southern Croatia). Journal of Ethnobiology and Ethnomedicine. 8:2

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 221

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Signorini, M. A., et al, 2009, Plants and traditional knowledge: An ethnobotanical investigation on Monte Ortobene (Nuoro, Sardinia). Journal or Ethnobiology and Ethnomedicine, 5:6

Sp. pl. 1:295. 1753

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/13b12e50-2eb6-4260-aab3-51f65b1c47ff