PLANT FACT SHEET

Colchicum montanum L.

GENUS *Colchicum* **FAMILY** Colchicaceae

COMMON NAMES Pyrenean mountain saffron

EDIBLE PARTS AND USES

Edible parts: Bulb, Stem, Seeds

The bulb and the lower part of the stem are eaten raw. The bulb is peeled.
The seeds are eaten raw.

DESCRIPTION

A bulb plant.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Gonzalez, J. A., et al, 2011, The consumption of wild and semi-domesticated edible plants in the Arribes del Duero (Salamanca-Zamora, Spain): an ananalysis of traditional knowledge. Genetic Resources and Crop Evolution 58:991-1006 (As Merendera pyrenaica)

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Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74 (As Merendera pyrenaica)

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Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71 (As Merendera montana)

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