PLANT FACT SHEET

Asphodelus refractus Boiss.

GENUS *Asphodelus* **FAMILY** Asphodelaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The seeds and aerial parts are processed into flour and used to make cakes or porridge.

DESCRIPTION

A herb. The roots form tubers. The flowers are small and white. The fruit are round and hang down.

HABITAT

It is a Mediterranean climate plant. It grows in the Sahara and in arid places. It can grow in the desert.

NOTES

Also put in the family Asphodelaceae.

REFERENCES

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2972c360-25c9-4f6f-add4-386955b8d813