PLANT FACT SHEET

Seseli tortuosum L.

GENUS *Seseli* **FAMILY** Apiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young shoots and leaves are eaten raw in mixed salads or boiled in mixtures.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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

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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/2ca31445-063b-4144-bff4-825cc5ba3738