PLANT FACT SHEET

Lathyrus sylvestris L.

GENUS *Lathyrus* **FAMILY** Fabaceae

COMMON NAMES Narrow-leafed everlasting pea

EDIBLE PARTS AND USES

Edible parts: Flowers, Shoots, Seeds

The flowering shoots are eaten boiled and seasoned with oil and lemon. They are scrambled with eggs and fried with onions.
The young seeds are used in soups. Caution: Some Lathyrus species can be poisonous.

DESCRIPTION

A herb. It keeps growing from year to year. It can grow 2 m tall. The stems have broad wings. The leaves have a single pairs of leaflets with branched tendrils. The flowers are green to yellow with a violet tinge. They are 7-15 mm long. The pods are 7 cm long.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

Plants are grown from seeds.

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