PLANT FACT SHEET

Arum orientale subsp. orientale

GENUS *Arum* **FAMILY** Araceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stalks, Root, Corm

The leaves should be cut and cooked and washed to remove oxalates. They are dried first.
The root is boiled and the water changed before being cooked as a meal.

DESCRIPTION

A herb. It has a tuber. This is 3-7 cm across. The leaf stalk is 14-45 cm long. The leaf blade is sword shape and 7-32 cm long by 4-21 cm wide. The flower produces a strong bad smell. They have a purplish red spathe around them.

HABITAT

It is a Mediterranean plant.

REFERENCES

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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 Arum elongatum)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2f98ce09-e161-4b8a-a535-ecd020823305