PLANT FACT SHEET

Eryngium nudicaule Lam.

GENUS *Eryngium* **FAMILY** Apiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Spice

DESCRIPTION

A herb. It keeps growing from year to year. It grows 12-60 cm tall. The leaves are 3-9 cm long by 1-3 cm wide. They have large teeth.

HABITAT

It is a subtropical plant. In Argentina it grows from sea level to 2,800 m above sea level.

REFERENCES

INFOODSUpdatedFGU-list.xls

Kinupp, V. F., 2007, Plantas alimenticias nao-convencionais da regiao metropolitana de Porto Alegre, RS, Brazil p 61

Kinupp, V. F. & Bergman, I., 2008, Protein and minerals of native species, potential vegetables and fruits. Cienc.Tecnol. Aliment. Vol. 28 No. 4 Campinas Oct/Dec.

Thomas, E., et al, 2008, The Relationship Between Plant Use and Plant Diversity in the Bolivian Andes, with Special Reference to Medicinal Plant Use. Hum Ecol (2008) 36:861–879

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/33e9afc2-41db-497d-9732-797a86c79f5a