PLANT FACT SHEET

Eryngium heldreichii Boiss.

GENUS *Eryngium* **FAMILY** Apiaceae

COMMON NAMES Bourgatii eryngo

EDIBLE PARTS AND USES

Edible parts: Leaves

The ring of leaves at the base are eaten in salads.

DESCRIPTION

A herb. It grows 30-60 cm tall.

HABITAT

It is a temperate to Mediterranean climate plant.

REFERENCES

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

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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/362cdd30-1be0-41f2-b6cb-1b6235c65563