PLANT FACT SHEET

# *Eryngium ebracteatum* Lam.

**GENUS** *Eryngium* **FAMILY** Apiaceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Vegetable

## DESCRIPTION

A herb. It keeps growing from year to year. The leaves are long and narrow with spines along the edge.

## HABITAT

It is a subtropical plant. In Argentina it grows from sea level to 3,000 m above sea level.

## REFERENCES


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

Scarpa, G. F., 2009, Wild food plants used by the indigenous peoples of South American Gran Chaco: A general synopsis and intercultural comparison. Journal of Applied Botany and Food Quality 83:90-101



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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/3e57b4dd-bea8-4b8e-9af9-f1cd58c1f4df