PLANT FACT SHEET

Ononis spinosa L.

GENUS *Ononis* **FAMILY** Fabaceae

COMMON NAMES Spiny restharrow

EDIBLE PARTS AND USES

Edible parts: Shoots, Root, Flowers, Leaves

The young shoots are cooked as a vegetable.
The roots are chewed for their liquorice like flavour.
The flowers are eaten raw as a decoration on salads.

DESCRIPTION

A shrub. It keeps growing from year to year. It grows 60 cm tall. It has thorns or spines. The leaves are alternate and have 3 leaflets. The flowers are pea like and pale purple. It is a legume and produces nodules. The fruit is a pod with one seed. The seeds are kidney shaped. The seeds can be green, brown or black. They have a rough surface.

HABITAT

It is a temperate or Mediterranean plant. It grows in chalk and limestone grassland. It is usually in dry stony ground. It is best with well-drained soil. It needs a sunny position. It is hardy to hardiness zone 6.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/407ae744-d8d0-4e4f-898c-fa389b57acb3