PLANT FACT SHEET

Arum italicum Mill.

GENUS *Arum* **FAMILY** Araceae

COMMON NAMES Italian Arum, Large cuckoo pint, Portland arrowroot

EDIBLE PARTS AND USES

Edible parts: Root, Tuber, Corm, Leaves

The running rootstock is gathered, dried and ground to a powder then mixed with the flour of barley or wheat. The root is cooked and eaten. It is cooked for a long time in several changes of water.
The leaves are chopped and mixed with egg to prepare an omelette.
CAUTION: This plant is poisonous.

DESCRIPTION

A bulb plant. It grows 25-30 cm high and spreads 15-20 cm wide. The leaves are glossy and with white veins. They have wavy edges and are shaped like a spear head. The flower has a hood like spathe around a central column. The spathe is 15-30 cm long. It droops at the pointed tip. The fruit are bright orange berries. They are in a fruiting spike 10-15 cm long.

HABITAT

It is a temperate plant. It suits moist shaded places. It suits hardiness zones 6-10.

PRODUCTION

Cultivation

Plants are grown from tubers. They are planted 5-7.5 cm deep. Plants are spaced 20-30 cm apart.

NOTES

It should not be eaten in large quantities. There are 12-26 Arum species.

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