PLANT FACT SHEET

Thapsia villosa L.

GENUS *Thapsia* **FAMILY** Apiaceae

EDIBLE PARTS AND USES

Edible parts: Root, Root - spice

The roots are peeled and used in soup.
They are also dried and used as a spice.

DESCRIPTION

A herb.

POISONOUS

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 11

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

Tbatou, M, et al, 2016, Wild Edible Plants traditionally used in the countryside of El Jadida, Coastal Area in the Center of Morocco. Life Sciences Leaflets 75:28-48

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4c3cc40e-6680-4529-8baa-959b1bf0b65d