PLANT FACT SHEET

Allium sphaerocephalon L.

GENUS *Allium* **FAMILY** Amaryllidaceae

COMMON NAMES Round-headed leek, Globe garlic

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root, Bulb

The bulbs are eaten.
The dried leaves are used as food.
The flowers can be eaten raw or used as a garnish on salads.
They are used in salads and soups.

DESCRIPTION

An onion family plant. It is a bulb plant. It grows 60-90 cm high and spreads 30-50 cm wide. The leaves are hollow and 30 cm long. There are 2-6 leaves on each bulb. They sheath the lower part of the stem. The bract around the flowers has 2 valves and a short beak. The flower-heads are cone shaped. They have small, purple or red flowers. There can sometimes be bulbils. The flower-heads can be 2-4 cm across. The stamens stick out.

HABITAT

It is a temperate plant. It grows in sandy and rocky places in grass. It suits hardiness zones 5-9.

NOTES

There are about 300-700 Allium species. Most species of Allium are edible (Flora of China). All alliums are edible but they may not all be worth eating! They have also been put in the family Alliaceae.

REFERENCES

Aldhmoun, M. et al, 2025, Old Plants for New Food Products? The Diachronic Human Ecology of Wild Herbs in the Western Alps. Plants 2025, 14, 122.

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

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 486

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318.

Ciocarlan, N. & Ghendov, V., 2015, Ethnobotanical and Ecological Studies of Wild Edible Plants from Bugeac Steppe, Republic of Moldova. Journal of EcoAgriTourism. Cailta terra Vol. 11(2):

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 128

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 6

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 43

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 25

Kew Plants of the World onLine

Luczaj et al, 2013, Wild vegetable mixes sold in the markets of Dalmatia (southern Croatia). Journal of Ethnobiology and Ethnomedicine. 8:2

Mandaville, J. P., 2004, Bedouin ethnobotany: Plant concepts and plant use in a desert pastoral world. PhD thesis University of Arizona. p 155

Nedelcheva A., 2013, An ethnobotanical study of wild edible plants in Bulgaria. EurAsian Journal of BioSciences 7, 77-94

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

Redzic, S. & Ferrier, J., 2014, The Use of Wild Plants for Human Nutrition During a War: Eastern Bosnia (Western Balkans). Chapter 9 in A. Pieroni, C. L. Quave (eds.), Ethnobotany and Biocultural Diversities in the Balkans,Springer Science

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 26

Singh, H.B., Arora R.K., 1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 10, 17

Sp. pl. 1:297. 1753

Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152, 27-71

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4ed9bdf2-695e-4ca4-bff9-ca21244e11db