PLANT FACT SHEET

Artemisia sphaerocephala Krasch.

GENUS *Artemisia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Seeds - flavouring

The seeds are powdered and added to dishes to improve their chewing quality.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Trendafilova, A., et al, 2020, Research Advances on Health Effects of Edible Artemisia Species and Some Sesquiterpene Lactones Constituents. Foods 2021, 10, 65. p 5

PROVIDED BY **Food Plants International**

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/52300c9b-3646-4eda-9fc0-b14bea342da9