PLANT FACT SHEET

Ononis repens L.

GENUS *Ononis* **FAMILY** Fabaceae

COMMON NAMES Common restharrow

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves

The roots are eaten raw or cooked. They are used as a liquorice substitute to make a drink.
The young shoots have been used as a vegetable.

DESCRIPTION

A small shrub that loses its leaves. It grows 30-60 cm high and spreads 50-80 cm wide. It can be upright or spreading and can form roots along the stem. It can have soft spines. The leaves are oval and can be simple or have 3 finger like lobes. The leaves are 2 cm long. The leaflets are hairy and have teeth along the edge. The flowers are in open leafy racemes. The flowers are pea like and and pink or purple. They are 2 cm long.

Possibly now Ononis spinosa.

HABITAT

It is a temperate plant. In Britain it grows by the shore and on dry limestone areas. It suits sandy and alkaline soils. It needs to be in a sunny position.

PRODUCTION

Cultivation

Plants are grown from seed. They should be soaked before planting. They can also be grown by division.

NOTES

There are about 75 Ononis species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5352ab83-6893-4b3a-9bf8-62c0674f052c