PLANT FACT SHEET

Eryngium amethystinum L.

GENUS *Eryngium* **FAMILY** Apiaceae

COMMON NAMES Sea holly blue

EDIBLE PARTS AND USES

Edible parts: Root

The roots are used in salads and also processed.

DESCRIPTION

A herb. It has a taproot and forms a clump. The stem is 30-50 cm long. There is a ring of leaves at the base. These have leaflets and spines. The flowers are at the top of the stalk and 2-3 cm long. They have silvery blue bracts.

HABITAT

It is a temperate plant.

REFERENCES

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., 2010, Use of Wild and Semi-Wild Edible Plants in Nutrition and Survival of People in 1430 Days of Siege of Sarajevo during the War in Bosnia and Herzegovina (1992–1995). Coll. Antropol 34 (2010) 2:551-570

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/542bb065-0d80-454c-ab88-9c84c99719bf