PLANT FACT SHEET

Melampyrum nemorosum L.

GENUS *Melampyrum* **FAMILY** Orobanchaceae

COMMON NAMES Wood cow-wheat

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are eaten fresh as a snack.

DESCRIPTION

A herb. It grows attached to other plants. The leaves are blue and turn green as they mature. The flowers are yellow.

HABITAT

It is a temperate plant.

REFERENCES

Pruse, B., et al, 2021, Active Wild Food Practices among Culturally Diverse Groups in the 21st Century across Latgale, Latvia. Biology 2021, 10, 551.

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/5ca169d2-3ade-4788-8da7-2602773d2847