PLANT FACT SHEET

Asphodelus fistulosus L.

GENUS *Asphodelus* **FAMILY** Asphodelaceae

COMMON NAMES Onion weed, Hollow-leaves asphodel

EDIBLE PARTS AND USES

Edible parts: Root, Leaves

The root is cooked and reduced to a pulp then blended with barley and buckwheat flours.
The shoots can be steamed, boiled or fried.

DESCRIPTION

A herb which keeps growing from year to year. It is erect. It can be 60 cm high. The leaves near the base are long, hollow and like a cylinder. The flowering stems are round and hollow. The flower buds are pink. The open flowers are pink to white. There are 6 petals and orange coloured anthers. The fruit is a wrinkled capsule. It contains 3-6 black wrinkled seeds which are triangle shaped.

HABITAT

It is a Mediterranean climate plant. It grows on dry, rocky and waste places. It needs well-drained soils. It suits a shaded position. It grows in warm temperate places. It is damaged by drought and frost. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by division.

NOTES

There are 12 Asphodelus species.
Also put in the family Asphodelaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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

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