PLANT FACT SHEET

Limonium sinuatum (L.) Mill.

GENUS *Limonium* **FAMILY** Plumbaginaceae

COMMON NAMES Sea lavender, Wavyleaf sea lavender

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Vegetable, Flowers

The young stems and leaves are eaten raw with olives. They are also mixed with olive oil and eaten in salads. They are also used in stews.

DESCRIPTION

A herb. It can grow each year from seed or keep growing from year to year. It grows 1 m high. It has long spreading hairs. The leaves are near the base. They are sword shaped. They are 3-10 cm long by 1-3 cm wide. Flowers are in compact spikes of 3-4 flowers. They are cream/blue.

HABITAT

It is a Mediterranean plant. It grows on sand-dunes and waste places. It grows in the Sahara.

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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/660c91ce-4647-46f2-bf4d-53831f5b9c28