PLANT FACT SHEET

Ferula communis L.

GENUS *Ferula* **FAMILY** Apiaceae

COMMON NAMES Common Giant Fennel, Giant anise fennel

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Flowers, Stem, Root

The leaves are eaten.
The unopened flower is steamed or cooked in the ashes. It is crushed and seasoned with olive oil and spices. It is also deep fried.
The stem and root is cooked and eaten.

DESCRIPTION

A large herb which keeps growing from year to year. It grows 3 m high. It is very robust and has a pungent smell. The stems are stout and hollow. The leaves are divided 3-4 times. They have many bright green thread like lobes. These sheath the base. The upper leaves have smaller blades and larger sheaths. The flower umbels are large and rounded. They are bright yellow-green. The fruit are narrowly oval and flattened. They are 12-15 mm long. They have wings and resin canals.

HABITAT

It is a Mediterranean plant. It grows in grassy and waste places. It can be in sandy places or on cliffs. Hobart Botanical Gardens.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Addis, G., et al, 2005, Ethnobotanical Study of Edible Wild Plants in Some Selected Districts of Ethiopia. Human Ecology, Vol. 33, No. 1, pp. 83-118

Alemneh, D., 2020, Ethnobotany of wild edible plants in Yilmana Densa and Quarit Districts of West Gojjam Zone, Amhara Region, Ethiopia. Ethnobotany Research & Applications. 20:47

Asfaw, Z. and Tadesse, M., 2001, Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia. Economic Botany, Vol. 55, No. 1, pp. 47-62

Asfaw, A., et al, 2023, Ethnobotanical study of wild edible plants and implications for food security. Trees, Forests and People. 14 (2023) 100453 p 9

Biscotti, N. & Pieroni, A., 2015, The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy. Acta Societatis Botanicorum Poloniae 84 (3): 327-338

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 161

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 438

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, 18

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 561

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 101

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 78

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 113

Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15

Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 222

Molla, A., Ethiopian Plant Names. http://www.ethiopic.com/aplants.htm (As Ferula abyssinica)

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

Ryan, S., 2008, Dicksonia. Rare Plants Manual. Hyland House. p 103

Sina, B. & Degu, H. D., 2015, Knowledge and use of Wild Edible Plants in the Hula District of the Sidama Zone. International Journal of Bio-resource and Stress Management 6(3):352-365

Sinclair, V., 1992, The Floral Charm of Cyprus. Interworld Publications. p 142

Sp. pl. 1:246. 1753

Woldemedhin, A. A., et al, Ethnobotanical study of edible wild plants in Ensaro district, Amhara regional state, Ethiopia. Research Square p 9

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Yiblet, Y. & Adamu, E., 2023, An Ethnobotanical Study of Wild Edible Plants in Tach Gayint District, South Gondar Zone, Amhara Region, Northwestern Ethiopia. Hindawi, Evidence-Based Complementary and Alternative Medicine Article ID 78376615, 11 pages

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/69732922-25b2-4571-89ba-018bb5c40986