PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Thapsia asclepium L.

GENUS *Thapsia* **FAMILY** Apiaceae

EDIBLE PARTS AND USES

Edible parts: Root - spice, Leaves

The roots are dried and used as a spice.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Tbatou, M, et al, 2016, Wild Edible Plants traditionally used in the countryside of El Jadida, Coastal Area in the Center of Morocco. Life Sciences Leaflets 75:28-48 (As Elaeoselinum asclepium)

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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/6c09d2f7-9f66-49d1-8090-91fc13c6cca0