PLANT FACT SHEET

Astydamia latifolia (L.f.) Baill.

GENUS *Astydamia* **FAMILY** Apiaceae

COMMON NAMES Canary samphire, Canary sea fennel

EDIBLE PARTS AND USES

Edible parts: Leaves

It is eaten raw in salads.

DESCRIPTION

A herb. It keeps growing from year to year. It can grow 40 cm tall. It can develop tubers 7 cm across. The leaves are fleshy and divided. The flowers are yellow and in groups 12 cm across.

HABITAT

It is a subtropical plant. It can grow in coastal areas and poor soil. It needs good drainage.

REFERENCES

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 222.

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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/6d20b535-58b4-4c0b-a89a-8b6b3c57918e