PLANT FACT SHEET

Eryngium billardierei F. Delaroche

GENUS *Eryngium* **FAMILY** Apiaceae

COMMON NAMES Billardierei-eryngo, West-Asian sea holly

EDIBLE PARTS AND USES

Edible parts: Stem, Leaves

The fresh plant is eaten after peeling off the outer part.
The ring of leaves at the base are eaten.

DESCRIPTION

A herb. It grows 50 cm tall. The leaves are divided along their length and it has spiny edges. The flowers are bright blue. They have 6-8 bracts that are 1 cm long.

HABITAT

It is a temperate plant.

NOTES

Medicine. It possibly can treat diabetes.

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