PLANT FACT SHEET

Echium creticum L.

GENUS *Echium* **FAMILY** Boraginaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - nectar, Leaves

The flowers are sucked for their nectar.
The basal leaves are used in stews.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/71cb1717-a735-41c9-8ffd-775aa93882ed