PLANT FACT SHEET

Roemeria hybrida (L.) DC.

GENUS *Roemeria* **FAMILY** Papaveraceae

COMMON NAMES Violet horned poppy

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Shoots

The young leaves and stems are eaten raw in salads or cooked in stews.

DESCRIPTION

A poppy herb. It grows 20-45 cm tall. The leaves have deeply divided lobes. The flowers are violet and the petals are 12-22 mm long.

HABITAT

It is a Mediterranean plant.

REFERENCES

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Rivera, D., et al, 2007, Gathered Food Plants in the Mountains of Castilla–La Mancha (Spain): Ethnobotany and Multivariate Analysis. Economic Botany, 61(3),

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7474a9a8-c29b-47cc-b840-bdad6453c5a3