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.

Echinophora spinosa Linn.

GENUS *Echinophora* **FAMILY** Apiaceae

COMMON NAMES Prickly samphire, Sea Parsnip

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves

The roots are eaten and have a parsnip like flavour.
Caution: The leaves and roots should not be eaten in large amounts.

DESCRIPTION

A short hairy herb. It keeps growing from year to year. The leaves are divided 2-3 times with leaflets along the stalks. They are rigid. The lobes are thick and grooved above. There are spines at the tip. The flower umbels are white. There are 4-8 hairy rays. There are 4-8 narrow bracts. The fruit are egg-shaped with indistinct ridges.

HABITAT

It is a Mediterranean climate plant. It grows on coastal stands.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/75171a24-1548-40f0-be56-324fa4f957d9