PLANT FACT SHEET

Asparagus aphyllus Linn.

GENUS *Asparagus* **FAMILY** Asparagaceae

COMMON NAMES Prickly asparagus, Mediterranean asparagus

EDIBLE PARTS AND USES

Edible parts: Shoots, Vegetable

The slightly bitter young shoots are eaten raw or cooked. They are used in vegetable dishes and soups.

DESCRIPTION

A tall plant. It can be 1 m tall. The stems are woody and have many branches. They are smooth and green. The flattened green stems are unequal and occur in clusters of 3-7. They are 10-20 mm long and have spines at their tips. Plants are separately male or female. The flowers are in groups of 3-6. They are 3-4 mm long. They are yellowish green. They have a sweet scent. The flowers are mixed with the leaves. The fruit is a berry which is black when ripe. It is 7-8 mm across.

HABITAT

It is a Mediterranean climate plant. It grows in rocky habitats and scrub.

NOTES

There are between 160-300 Asparagus species.

REFERENCES

Ali-Shtayeh, M. S., et al, 2008, Traditional knowledge of wild edible plants used in Palestine (Northern West Bank): A comparative study. J Ethnobiol Ethnomed. 4: 13

Al-Qura'n, S. A., 2010, Ethnobotanical and Ecological Studies of Wild Edible Plants in Jordan. Libyan Agriculture Research Center Journal International 1(4):231-243

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 11

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 483

Dretakis, M. et al, 2012, Flora and Fauna Biodiversity in an ancient olive grove in Crete (Greece) in Calabrese G. (Ed.) Study on Biodiversity in Century-Old Olive Groves. CIHEAM - Mediterranean Agronomic Institute of Bari. p 94

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 32

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 80

Hinnawi, N. S. A., 2010, An ethnobotanical study of wild edible plants in the Northern West Bank "Palestine". An-Najah National University. p 94

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 57

Mahklouf, M. H., 2019, Ethnobotanical Study of Edible Wild Plants in Libya. European Journal of Ecology. 5(2): 30-40

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 202

Mayer-Chussuck, U & Lev, E., 2014, Wild Edible Plants in Israel Tradition Versus Cultivation. in Z. Yaniv, N. Dudai (eds.), Medicinal and Aromatic Plants of the Middle-East, Springer

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

Pieroni, A., et al, 2024, Isolated Mediterranean foraging: wild greens in the matrifocal community of Olympos, Karpathos Island, Greece. Journal of Ethnobiology and Ethnomedicine (2024) 20:98

Sp. pl. 1:314. 1753

Tukan, S. K., et al, 1998, The use of wild edible plants in the Jordanian diet. International Journal of Food Sciences and Nutrition. 49:225-235

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/77e3bff2-a6bb-4c32-9f4c-6e40266d3123