PLANT FACT SHEET

Asparagus maritimus (L.) Mill.

GENUS *Asparagus* **FAMILY** Asparagaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots

The young shoots are boiled and dressed with olive oil or cooked with eggs.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

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

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7c6153c6-1435-41c2-a9ae-27f4ba7dd90f