PLANT FACT SHEET

Asparagus albus L.

GENUS *Asparagus* **FAMILY** Asparagaceae

COMMON NAMES White Asparagus, Garden-hedge

EDIBLE PARTS AND USES

Edible parts: Shoots, Vegetable

It is used as a vegetable. The young shoots are cooked. They are stewed or used in omelettes.

DESCRIPTION

A tall plant. It can be 2 m tall. The stems are woody and have many branches. They are whitish or grey. The flattened green stems occur singly or in groups of 10-30. They are 5-25 mm long and have spines at their tips. They fall off to leave bare spiny stems. The flowers are in groups of 2-4. 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 5.5-8 mm across.

HABITAT

It is a Mediterranean climate plant. It grows in hedgerows and scrub.

NOTES

There are between 160-300 Asparagus species.

REFERENCES

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

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 45

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

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

Ghanimi, R., et al, 2022, Ethnobotanical study on wild edible plants traditionally used by Messiwa people, Morocco. Journal of Ethnobiology and Ethnomedicine. 18:16

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

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 56

Licata, M., et al, 2016, A survey of wild plant species for food use in Sicily (Italy) – results of a 3-year study in four Regional Parks. Journal of Ethnobiology and Ethnomedicine 12:12

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

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54

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

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

Signorini, M. A., et al, 2009, Plants and traditional knowledge: An ethnobotanical investigation on Monte Ortobene (Nuoro, Sardinia). Journal or Ethnobiology and Ethnomedicine, 5:6

Sp. pl. 1:314. 1753

Tanji, A and Nassif, F., 1995, Edible Weeds in Morocco. Weed Technology. Vol. 9, No. 3, pp. 617-620

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

Tbatou, M, et al, 2016, Wild Edible Plants traditionally used in the countryside of El Jadida, Coastal Area in the Center of Morocco. Life Sciences Leaflets 75:28-48

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/7eadc215-3fc9-41cb-a8ff-5fa144f68d88