PLANT FACT SHEET

Gypsophila arrostii subsp. nebulosa (Boiss. & Heldr.) Greuter & Burdet

GENUS *Gypsophila* **FAMILY** Caryophyllaceae

COMMON NAMES Arrost's Baby's breath

EDIBLE PARTS AND USES

Edible parts: Root, Tuber

The root is used to make sweet extracts.

DESCRIPTION

A herb. It has small delicate cloud like flowers.

HABITAT

It is a temperate plant.

REFERENCES

Borelli, T., et al, 2022, Assessment of the Nutritional Value of Selected Wild Food Plants in Türkiye and Their Promotion for Improved Nutrition. Sustainability 2022,14,11015.

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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/83a3537f-144d-47d0-bc84-3c620668f47a