PLANT FACT SHEET

Montia fontana subsp. amporitana Sennen

GENUS *Montia* **FAMILY** Montiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem

DESCRIPTION

A herb. It grows 10-20 cm tall.

HABITAT

It is a temperate to Mediterranean plant.

REFERENCES

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

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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/8b53c06e-f3ef-414d-a634-b94a2c6abb19