PLANT FACT SHEET

Eryngium maritimum L.

GENUS *Eryngium* **FAMILY** Apiaceae

COMMON NAMES Sea Holly, Sea Eryngo

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Flowers, Vegetable

The leaves are brewed to make tea.
The young shoots are sometimes blanched and eaten. The flowering shoots can also be used.
The candied roots are called "eryngo".
The roots are boiled or roasted like parsnips. The candied roots are made into conserve or used to flavour jellies and toffee.

DESCRIPTION

A plant that normally completes its life cycle in 2 years but can live for a few years. It grows 60 cm high and spreads 50 cm wide. The leaves are stiff and spiny. They are rounded and silvery grey. They are 10 cm long and have 5 lobes with spines at their tips. The flowers are metallic blue and occur in the summer.

HABITAT

It is a temperate plant. It grows on pebbly shorelines. It suits hardiness zones 5-9.

PRODUCTION

Cultivation

Plants are grown from seed which need 4 weeks cold treatment.

NOTES

There are 230 Eryngium species.

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PROVIDED BY **Food Plants International**

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

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