PLANT FACT SHEET

Sulla coronaria (L.) B. H. Choi & H. Ohashi

GENUS *Sulla* **FAMILY** Fabaceae

COMMON NAMES French honeysuckle, Italian sainfoin, Sulla sweetvetch

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Flowers

The leaves are eaten boiled and seasoned with oil and lemon or scrambled with eggs.
The stems are sucked raw.
The flowers are eaten in salads.

DESCRIPTION

A herb. It has deep roots. It grows up to 1.5 m tall. The leaves have leaflets along the stalk and one at the end. There are 7-11 leaflets. The flowers are red. The fruit are jointed pods and made up of 2-4 sections. They are yellow and have a thorny surface.

HABITAT

It grows in Mediterranean climates. It is drought resistant. It needs fertile well-drained soil. It needs a rainfall above 450 mm. It can tolerate frost. It is best with alkaline soils.

PRODUCTION

Cultivation

It can be grown from seeds.

REFERENCES

Alrhmoun,M., et al, 2025, Diachronic changes in local food heritage: the ethnobiology of wild foods in central Tuscany. Journal of Ethnobiology and Ethnomedicine (2025) 21:48

Benvenuti, S. & Mazzoncini, M., 2021, The Biodiversity of Edible Flowers: Discovering New Tastes and New Health Benefits. Frontiers in Plant Science Article 569499. (As Hedysarum coronarium)

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 (As Hedysarum coronarium)

Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15 (As Hedysarum coronarium)

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272 (As Hedysarum coronarium)

Nebel, S., Pieroni, A. & Heinrich, M., 2006, Ta cho`rta: Wild edible greens used in the Graecanic area in Calabria, Southern Italy. Appetite 47 (2006) 333–342 (As Hedysarum coronarium)

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 (As Sulla)(As Hedysarum coronarium)

Tasmanian Herbarium Vascular Plants list p 29 (As Hedysarum coronarium)

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 113 (As Hedysarum coronarium)

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/8e532daa-4f8a-4bd6-973b-9ec3250f422b