PLANT FACT SHEET

Cymodocea nodosa (Ucria) Asch

GENUS *Cymodocea* **FAMILY** Cymodoceaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The stems are stewed.

DESCRIPTION

A shrub.

HABITAT

It is a Mediterranean climate plant. It grows in the Sahara and arid places.

REFERENCES

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 222

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

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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/8f728fb6-3efa-4d32-aa87-ea91e1af9eed