PLANT FACT SHEET

Ononis arvensis Linn.

GENUS *Ononis* **FAMILY** Fabaceae

COMMON NAMES Rest-harrow

EDIBLE PARTS AND USES

Edible parts: Shoots

The shoots are pickled.
They are also used as a sauce and in salads.

DESCRIPTION

A shrub. The stem is erect. The leaves have 3 leaflets. The leaflets are 1-2.5 cm long by 5-15 mm wide. They are broadly oval. The flowers are in a group at the ends of branches. The flowers are in pairs at each node. They are pink. The fruit is a pod 6-9 mm long. It has 1-3 seeds.

HABITAT

It is a temperate plant. It grows in moist sandy soils.

NOTES

There are about 80 Ononis species.

REFERENCES

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