PLANT FACT SHEET

Arabis collina Ten.

GENUS *Arabis* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Shoots

The young shoots are cooked and eaten.

DESCRIPTION

A herb. It grows 10-30 cm tall.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8fe114cf-4c7b-4a42-927b-2279cd72e207