PLANT FACT SHEET

# *Asarum europaeum* L.

**GENUS** *Asarum* **FAMILY** Aristolochiaceae

**COMMON NAMES** European wild ginger, Asarabacca

## EDIBLE PARTS AND USES

**Edible parts:** Rhizome - flavouring, Root, Spice

The rhizome is occasionally used as a spice. The root is cooked.

## DESCRIPTION

A herb.

## HABITAT

It is a temperate plant.

## REFERENCES

Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutritional values of wild Swedish plants that can be used as food in emergency situations"

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 57

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/90d3ac41-cf16-4d31-b6ec-cd7bb50152a6