PLANT FACT SHEET

Fumaria officinalis L.

GENUS *Fumaria* **FAMILY** Papaveraceae

COMMON NAMES Fumitory, Earth smoke, Wax dolls

EDIBLE PARTS AND USES

Edible parts: Plant - flavouring, Leaves

The plant including flowers is added to sour milk to impart flavour and after the milk has soured thickly the plant is removed. It gives a tangy taste and acts as a preservative.
Leaves can be used fresh or dried. They are used in salads and pies.

DESCRIPTION

A robust herb with weak stems. It is an annual plant and is sprawling or climbing. The leaves are grey-green and finely divided. They are 5-15 cm long. The flowers are pink and 7 mm long. They are in dense elongated groups.

HABITAT

It is a temperate climate plant. It needs a light, well-drained soil. In Argentina it grows from sea level to 1,500 m above sea level.

PRODUCTION

Cultivation

Plants are grown from seed.

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