PLANT FACT SHEET

Lagoecia cuminoides L.

GENUS *Lagoecia* **FAMILY** Apiaceae

COMMON NAMES Wild cumin

EDIBLE PARTS AND USES

Edible parts: Seeds, Spice, Favouring, Flowers, Leaves

The seeds are a substitute for cumin in cooking. They are also used in cheese.
They are also used in curries, and biscuits, cakes and bread.
The young leaves are boiled and then fried in oil with onion and egg.

DESCRIPTION

A herb. It grows each year from seed. It grows 30 cm tall.

HABITAT

It is a Mediterranean climate plant.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/92b21489-3d69-40f4-9d1e-11c2242d1efc