PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Edibility uncertain

It has not been confirmed that this plant is safe to eat. Do not eat it on the strength of this fact sheet alone.

Parietaria alsinifolia Delile

GENUS *Parietaria* **FAMILY** Urticaceae

COMMON NAMES Sandwort-leaved pellitory, Bird tongue

EDIBLE PARTS AND USES

Edible parts: Leaves, Medicine

The young plant, raw or cooked can be added to salad mixes

DESCRIPTION

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

HABITAT

It is a Mediterranean climate plant. It grows in sandy areas.

REFERENCES

Albalawneh, A., et al, 2022, Traditional Knowledge of Wild Plant Species Used by Local People Inhabiting the Southern Part of Wadi Araba Desert in South-West Jordan. Research Square.

Al-Sodany, Y. M., et al, 2013, Medicinal Plants in Saudi Arabia: I. Sarrwat Mountains at Taif, KSA. Academic Journal of Plant Sciences 6 (4): 134-145

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9427552c-0604-4db2-9b17-898e0bab1bbe