PLANT FACT SHEET

Eryngium bornmuelleri Nabelek

GENUS *Eryngium* **FAMILY** Apiaceae

EDIBLE PARTS AND USES

Edible parts: Stem

The fresh plant is eaten after peeling off the outer part.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Dalar, A., et al, 2016, Health attributes of ethnic vegetables consumed in the Eastern Anatolia region of Turkey: Antioxidant and enzyme-inhibitory properties. Journal of Ethnic Foods. 3 (2016) 142-149

Mukemre, M., et al, 2016, Survey of wild food plants for human consumption in villages of Catak, (Van-Turkey), Indian Journal of Traditional Knowledge. Vol. 15(2) pp. 183-191

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/96af82ae-ad6a-4d65-ac6b-9eee0887fdd0