PLANT FACT SHEET

Bifora testiculata (L.) Roth

GENUS *Bifora* **FAMILY** Apiaceae

COMMON NAMES Bifora, Carrot weed

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

The leaves are used as flavouring in bean stew.

DESCRIPTION

A herb. It grows each year from seed. It grows 40 cm tall. The stems have ribs along them. The leaves are alternare along the stem. The flowers are small and white and in umbrella shaped groups. The fruit has 2 lobes. It is 2.5-3.5 mm long by 4.5-7 mm wide.

HABITAT

It is a Mediterranean climate plant.

PRODUCTION

Cultivation

Plants grow from seed.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 11

Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9715cb67-1e12-4939-88f1-03e1982c6897