PLANT FACT SHEET

Ononis spinosa subsp. spinosa

GENUS *Ononis* **FAMILY** Fabaceae

COMMON NAMES Spiny rest harrow

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root

The young tender shoots are eaten raw in salads. They are also used as a potherb or pickled and used as a sauce with meat.
They are added to herbal cheese.
The roots are chewed for their licorice like flavour.

DESCRIPTION

A spiny, hairy shrub which forms patches. It grows 80 cm high. The leaves have 3 leaflets which are oval and toothed. The flowers are pink or purple. They are 10-20 mm across. They are in loose clusters. The pod is 6-10 mm long and has 2-4 seeds.

HABITAT

It is a temperate plant. It grows in dry bushy and rocky places. It is sometimes on sandy seashores.

REFERENCES

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 93 (As Ononis campestris)

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Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 109 (As Ononis spinosa)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Ononis campestris)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9747d731-58f6-4f9f-8c4f-d5759cec6bc2