PLANT FACT SHEET

Cistanche violacea (Desf.) Hoffmanns. & Link

GENUS *Cistanche* **FAMILY** Orobanchaceae

COMMON NAMES Violet cistanche

EDIBLE PARTS AND USES

Edible parts: Root, Bulb, Flower stem

The fleshy roots are eaten raw.
The flower stalk is removed and dried. It is reduced to flour and mixed with barley flour.
The plant is also eaten raw or boiled.

DESCRIPTION

A plant that grows attached to the roots of other plants. It grows attached to or as a parasite on Zygophyllum album L.; Zygophyllum cornutum Coss. [ZYGOPHYLLACEAE] and sometimes Limonastrum guyonianum Dur.; [PLUMBAGINACEAE]).

HABITAT

A Mediterranean plant.

NOTES

It is used in medicine due to its antioxidant

REFERENCES

BOUQUET (As Phelypaea violacea)
Debouba, M., Antioxidant capacity and total phenols richness of Cistanche violacea hosting Zygophyllum album. www.arjournals.org
Mahklouf, M. H., 2019, Ethnobotanical Study of Edible Wild Plants in Libya. European Journal of Ecology. 5(2): 30-40

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