PLANT FACT SHEET

Limonium vulgare Mill.

GENUS *Limonium* **FAMILY** Plumbaginaceae

COMMON NAMES Common sea-lavender

EDIBLE PARTS AND USES

Edible parts: Stalk

The base of the stalk is cooked and eaten.

DESCRIPTION

A herb. It keeps growing from year to year. It forms clumps in salt marshes. The leaves are oblong.

HABITAT

It is a temperate plant.

REFERENCES

Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutritional values of wild Swedish plants that can be used as food in emergency situations"

Vorstenbosch, T., et al, 2017, Famine food of vegetal origin consumed in the Netherlands during World War II. Journal of Ethnobiology and Ethnomedicine (2017) 13:63

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a50c7e5d-1de8-4f70-bb64-1b1b062137cf