PLANT FACT SHEET

# *Ferula lancerottensis* Parl.

**GENUS** *Ferula* **FAMILY** Apiaceae

**COMMON NAMES** Canarian Giant fennel

## EDIBLE PARTS AND USES

**Edible parts:** Seeds

The seeds are eaten raw.

## DESCRIPTION

A herb. It grows each year from seed. The leaves are long and shiny and 60 cm long by 4 cm wide. The flowering stems are 1.5-2 m long. The flowers are yellow.

## HABITAT

It is a warm temperate plant.

## REFERENCES

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 222

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/a70431aa-57cf-48d9-94ba-4b7aa7c7dbd9