



PLANT FACT SHEET

Eryngium foetidum L.

GENUS *Eryngium* FAMILY Apiaceae

COMMON NAMES Sawtooth Coriander, Culantro

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice, Fruit

It is used in curries.

The leaves are chopped and eaten raw in some dishes.

They are mostly used to flavour cooked dishes. They are used in stir fries.

The leaves are pickled and used to make chutney.

The roots are used as a flavouring in soups and meat dishes.

The seeds are used as a flavouring.

The harvested leaves can be stored for 5 days.

DESCRIPTION

A herb. It grows 15-50 cm high. It has one stem. The leaves are all near the base of the plant. The leaves are 7-15 cm long by 1-2 cm wide. The leaves have teeth along the edge. The flower head is oval. It is 5-8 mm long by 3-4 mm wide. The flowers are greenish-white. The fruit is almost round and 2 mm across.

HABITAT

It is a tropical plant. In Nepal it grows from 700-1200 m altitude. In Indonesia it grows from sea level to 1,700 m above sea level. It grows in open rocky places. It is widespread in the tropics. It needs a temperature above 15-18°C. It can grow in shady, moist soils. It goes to flower in hot summers and with long day-length. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed. They can also be grown by division of the crown.

NOTES

There are 230 *Eryngium* species.

PICTURES



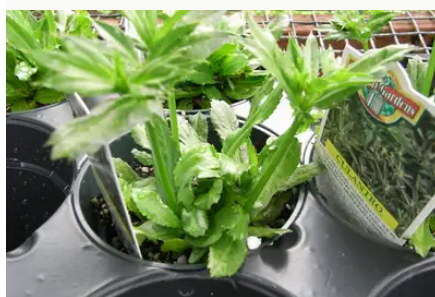
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