PLANT FACT SHEET

Echium vulgare subsp. pustulatum (Sm.) em. Schmid & Gams

GENUS *Echium* **FAMILY** Boraginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The leaves and flowers are cooked.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b80ca877-00e1-45bf-aca0-22e562e31942