PLANT FACT SHEET

Cephalaria syriaca (L.) Roem. & Schult.

GENUS *Cephalaria* **FAMILY** Caprifoliaceae

COMMON NAMES Syrian Cephalaria

EDIBLE PARTS AND USES

Edible parts: Nuts, Seeds, Oil

The seed are ground into a powder and used with flour. They add a nice flavour but it quickly goes rancid.

DESCRIPTION

A tall herb. It keeps growing from year to year. It grows about 1 m tall. It is woody near the base and the stems are erect and unbranched. The leaves are usually not lobed. The flowers are blue or lilac. They are 8-14 mm long.

HABITAT

It is a temperate and Mediterranean climate plant. It grows in general garden soils. It grows in cultivated and waste places. In Pakistan it grows between 1,000-2,000 m altitude.

PRODUCTION

Cultivation

Seed can be sown where they are to grow.

NOTES

There are about 65 Cephalaria species. Also put in the family Dipsacaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b93067ef-439a-48e1-b6a7-237163836b42