PLANT FACT SHEET

Scorzonera humilis (L.) Jacq.

GENUS *Scorzonera* **FAMILY** Asteraceae

COMMON NAMES Viper's grass

EDIBLE PARTS AND USES

Edible parts: Root, Pollen

The root has been used as a famine food.
The pollen or dust in the flowers is eaten.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Famine foods

http://www.botanic-gardens-ljubljana.com/en/plants

Kalle, R. & Soukand, R., 2012, Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s) Acta Societatis Botanicorum Poloniae 81(4):271-281

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 76

PARMENTIER

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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/b9cb93ad-e838-456b-8819-f93cd70d1ebe