PLANT FACT SHEET

Fumaria capreolata L.

GENUS *Fumaria* **FAMILY** Papaveraceae

COMMON NAMES White ramping-fumitory

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves - tea

The flowers are eaten as a snack.

DESCRIPTION

A herb. The stems are 1 m tall and can be climbing. The leaves are compound and twice divided. The flowering shoots have 20 white to cream flowers with purple tips.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

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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/ba423101-648b-452b-854b-0e9ade1cd623