PLANT FACT SHEET

Consolida major Gilib.

GENUS *Consolida* **FAMILY** Ranunculaceae

COMMON NAMES "Larkspur"

EDIBLE PARTS AND USES

Edible parts: Root

The root can be cooked or blended.

DESCRIPTION

A herb. It is 45-90 cm high. The leaves are fine and feathery.

HABITAT

It is a temperate plant.

NOTES

There are about 40 Consolida species.

REFERENCES

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 28
PARMENTIER,

PROVIDED BY **Food Plants International**

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/bb2fee63-05aa-4dca-b79b-846ceb7a6fec