PLANT FACT SHEET

Trigonella stellata Forsskal

GENUS *Trigonella* **FAMILY** Fabaceae

COMMON NAMES Handagug

EDIBLE PARTS AND USES

Edible parts: Leaves - condiment, Spice, shoots, Seeds - flavouring

The leaves are used as a condiment with clarified butter. They are also used as seasoning.
The seeds are dried and ground and used as flavouring.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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Mahklouf, M. H., 2019, Ethnobotanical Study of Edible Wild Plants in Libya. European Journal of Ecology. 5(2): 30-40

Tukan, S. K., et al, 1998, The use of wild edible plants in the Jordanian diet. International Journal of Food Sciences and Nutrition. 49:225-235

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bf42f6d6-d549-46e5-bb5d-ffcecbe492a4