PLANT FACT SHEET

Elwendia persica (Boiss.) Pimenov & Kljuykov

GENUS *Elwendia* **FAMILY** Apiaceae

COMMON NAMES Black caraway, Black cumin

EDIBLE PARTS AND USES

Edible parts: Root, Fruit, Spice, Seed

The starchy tubers are edible. They are boiled and eaten as a vegetable.
The seeds are used as a spice. They are used to flavour curries.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 60 cm tall. It grows 15-70 cm tall. The leaves are divided 2-3 times. The seeds are a similar shape to cumin (Cuminum cyminum).

HABITAT

It is a temperate plant. It grows between 3,000-3,800 m above sea level in the Himalayas in India. It grows on dry shrubby slopes.

NOTES

There are 45-50 Bunium species.

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 3152 (As Bunium persicum)

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 91 (As Bunium persicum)

Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 101 (As Bunium persicum)

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37 (As Bunium persicum)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 16 (As Bunium persicum)

Hemphill, I, 2002, Spice Notes. Macmillan. p 157 (As Bunium persicum)

Ijaz, S., et al, 2022, Traditional knowledge of wild edible plants used by the people of Lawat, District Neelum, Azad Jammu & Kashmir, Pakistan. Ethnobotany Research and Applications 23:24 (As Bunium persicum)

Khojimatov, O. K. et al, 2015, Some wild growing plants in traditional foods of Uzbekistan. Journal of Ethnic Foods. 2 (2015) 25-28 (As Bunium persicum)

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 19 (As Bunium persicum)

Murugan, Pal M., et al, 2010, Phytofoods of Nubra valley, Ladakh - The cold desert. Indian Journal of Traditional Knowledge. Vol. 9(2): 303-308 (As Bunium persicum)

Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668 (As Bunium persicum)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Bunium persicum)

Rana, J.C. et al, 2011, Genetic resources of wild edible plants and their uses among tribal communities of cold arid regions of India. Genetic Resources and Crop Evolution. 59:135-149 (As Bunium persicum)

Rast. Turkest. 612. 1915 (As Bunium persicum)

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 71 (As Bunium persicum)

Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131 (As Bunium persicum)

Sher, H. et al, 2011, Ethnobotanical and Economic Observations of Some Plant Resources from the Northern Parts of Pakistan. Ethnobotany research & Applications 9:027-041 (As Bunium persicum)

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p11 (As Bunium persicum)

Singh, K., et al, 2021, Wild Edible Plants of Paddar Valley, Jammu division, Jammu and Kashmir, India. Ethnobotany Research & Applications 22:29 (As Bunium persicum)

Tareen, N. M., et al, 2016, Ethnomedicinal Utilization of Wild Edible Vegetables in District Harnai of Balochistan Province - Pakistan. Pakistan Journal of Botany 48(3): 1159-1171 (As Bunium persicum)

Tyagi, R. K., et al, 2004, Conservation of Spices Germplasm in India. Indian J. Plant Genet. Resour. 17(3): 163-174 (As Bunium persicum)

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 124 (As Bunium persicum)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bf830f5f-c5a1-4cf7-a6f3-403a9b695fff