PLANT FACT SHEET

Bupleurum fruticosum L.

GENUS *Bupleurum* **FAMILY** Apiaceae

COMMON NAMES Shrubby hair's ear

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used to harden olives.

DESCRIPTION

A small shrub. It grows 1.2 m high.

HABITAT

It is a temperate plant.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 11

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c7de07b4-8acf-46f2-bc76-ec058b1f0b0b