PLANT FACT SHEET

Umbilicus horizontalis (Guss.) DC.

GENUS *Umbilicus* **FAMILY** Crassulaceae

COMMON NAMES Horizontal navelwort

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw.

DESCRIPTION

A fleshy herb. It keeps growing from year to year. It has a fattened root stock. It grows 25 cm tall. The leaves are succulent and strap shaped. They are 7 cm wide and grow in rings. The flowers are bell-shaped and in thick clusters. They are pale green.

HABITAT

It is a Mediterranean plant.

REFERENCES

Al-Sodany, Y. M., et al, 2013, Medicinal Plants in Saudi Arabia: I. Sarrwat Mountains at Taif, KSA. Academic Journal of Plant Sciences 6 (4): 134-145

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456 (As Umbilicus gaditanus)

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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/c91a779a-5c84-4722-9d94-3d40ed27e2db