PLANT FACT SHEET

Valeriana graciliflora (Fisch. & C. A. Mey.) Byng & Christenh.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw or cooked.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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 (As Fedia graciliflora)

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 (As Fedia graciliflora)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cbb31dd2-69b5-4d60-beb8-f81c8e8b2a6e