PLANT FACT SHEET

Eryngium heterophyllum Engelm.

GENUS *Eryngium* **FAMILY** Apiaceae

COMMON NAMES Wright's eryngo

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are boiled and eaten.

DESCRIPTION

A herb. It grows 45-60 cm tall. The stem is stout and branched in the upper half. The leaves are toothed or have sharp lobes. The flowers are clustered into a egg shaped head 2 cm long. They have spiny leaf bracts around them. The flowers are silvery but turn blue as they mature.

HABITAT

It is a subtropical plant.

REFERENCES

LaRochelle, S. & Berkes F., 2003, Traditional Ecological Knowledge and practice for Edible Wild Plants - Mexico. Int. J. Sustain Dev. World Ecol. 10:361-375

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cc147eed-ec00-43ae-a1d9-18d48ffe716e