PLANT FACT SHEET

Echinophora sibthorpiana Guss.

GENUS *Echinophora* **FAMILY** Apiaceae

COMMON NAMES Pickling herb, Prickly parsnip

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Flowers

The leaves are placed into pickle liquid to prevent foaming and help pickles last longer.
They are also mixed into soups.
The young stems are peeled and eaten raw.

DESCRIPTION

A herb. It is greyish and hairy and grows 20-50 cm tall. The flowers have yellow petals.

HABITAT

It is a Mediterranean plant. It grows in dry places.

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