PLANT FACT SHEET

Asparagus capitatus subsp. gracilis Royle.

GENUS *Asparagus* **FAMILY** Asparagaceae

EDIBLE PARTS AND USES

Edible parts: Shoots

The young shoots are chopped then boiled and fried in oil.

DESCRIPTION

A herb. It keeps growing from year to year. It is woody in the lower sections. The leaves are small and scale like. The fruit are round berries.

HABITAT

It is a temperate plant.

REFERENCES

Ali Shay, S. H., et al., 2025, Ethnobotanical study of wild edible plants traditionally used by the inhabitants of Lalku Valley, District Swat, Pakistan. Ethnobotany Research and Applications 30:1 p 7 (As Asparagus gracilis)

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/d6f980b3-4f6a-4e3a-b937-e06803e07a79