PLANT FACT SHEET

Asphodelus albus subsp. delphinensis (Gren. & Godr.) Z. Diaz & Valdes

GENUS *Asphodelus* **FAMILY** Asphodelaceae

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are eaten in fritters and for flavouring.

DESCRIPTION

A herb.

HABITAT

It is a temperate to Mediterranean climate plant.

REFERENCES

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272 (As Asphodelus albus subsp. subalpinus)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/db2d6885-150d-49d0-b71f-ad1c15e22e66