PLANT FACT SHEET

Circinaria esculenta (Pall.) Sohrabi

GENUS *Circinaria* **FAMILY** Lecanoraceae

COMMON NAMES Manna lichen, Biblical manna, Cup moss

EDIBLE PARTS AND USES

Edible parts: Lichen

It is used to make lichen bread and manna jelly. It can be eaten raw.
The lichen is ground and then mixed with meal to make bread.
It is also fermented with honey.

DESCRIPTION

A lichen. It grows in trees, and on rocks and stones.

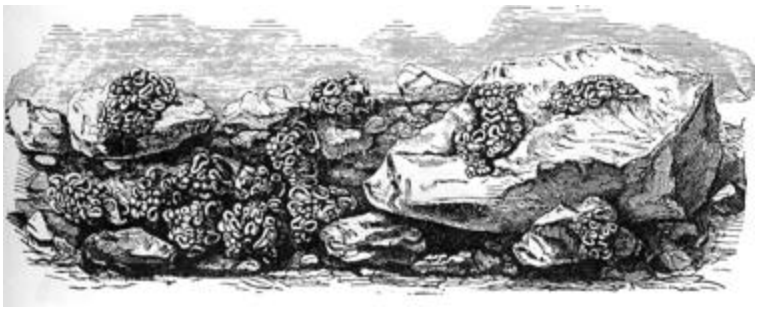
HABITAT

It is a temperate to Mediterranean climate plant. It grows in the desert. It grows on barren soils. It can cover the ground for several cm. It can grow in arid places.

NOTES

Some people suggest this may have been the Biblical manna.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 320

Brouk, B., 1975, Plants Consumed by Man. Academic Press, London. p 244

Crum, F., 1993, A lichenologists's view of lichen manna. Contribution to the University of Michigan Herbarium 19: p 296 (As Aspicilia esculenta)

Harris, E & J., 1983, Field Guide to the Trees and Shrubs of Britain. Reader's Digest. p 165 (As Lecanora esculenta)

Harter, J.(Ed.), 1988, Plants. 2400 copyright free illustrations. Dover p 6.18

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 375

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 112

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1810

Kocak, S. & Ozhatay, N., 2013, Wild Edible Plants in Karaman (Southern Turkey), J. Fac. Pharm. Istanbul. 43(1) s 21-32

MOLDENKE,

USHER,

www.lichen.com/usetype.html (As Aspicilia esculenta)

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/db61f79f-40fa-4960-9cc0-3cf4d01a082b