PLANT FACT SHEET

Vicia lutea L.

GENUS *Vicia* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The unripe seeds are eaten as a snack.
The ripe seeds are milled and mixed with wheat flour to make bread.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean plant.

REFERENCES

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Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e0e3a254-032d-482f-863e-bb93bb486823