PLANT FACT SHEET

Trachelium caeruleum L.

GENUS *Trachelium* **FAMILY** Campanulaceae

COMMON NAMES Blue throat

EDIBLE PARTS AND USES

Edible parts: Leaves

The basal leaves are eaten raw in salads or cooked in stews.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e52134b9-2af8-4272-92a6-072c5ec4428c