PLANT FACT SHEET

Beta lomatogona Fisch. & C. A. Mey.

GENUS *Beta* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Root, Leaves

The leaves are cooked as a vegetable.

DESCRIPTION

A herb. It grows 50 cm tall.

HABITAT

It is a Mediterranean climate plant. It can tolerate salt.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

Probably all Beta are one species and 2 main forms - Cicla - for leaves, and Contiva - for roots.
Also put in the family Chenopodiaceae.

REFERENCES

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Gabrielian, E. & Zohary, D.: Wild relatives of food crops native to Armenia and Nakhichevan. – Fl. Medit. 14: 5-80. 2004. – ISSN 1120-4052.

R. F. Hohenacker, Bull. Soc. Imp. Naturalistes Moscou 11(4):360. 1838 (Enum. pl. Talysch 124.)

Nadiroglu, M. & Behcet, L., 2018, Traditional food uses of wild plants among the Karlıova (Bingöl-Turkey). International Journal of Nature and Life Sciences (IJNLS). Vol. 2(2) p 63

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

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

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 88

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/e66edc06-d014-4f94-a03c-e6aa568e7d86