PLANT FACT SHEET

Fibigia clypeata (L.) Medik.

GENUS *Fibigia* **FAMILY** Brassicaceae

COMMON NAMES Fibigia, Paper pumpkinseeds

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten in salads.

DESCRIPTION

A cabbage family herb. It is a short, dense, tufted plant. It is erect and keeps growing from year to year. The leaves are grey or green. The lower leaves are oblong and broadest above the middle. The flowers are yellow.

HABITAT

It is a Mediterraean climate plant. It grows in rocky and grassy places.

REFERENCES

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 65

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 58

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 306 (As Farsetia clypeata)

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

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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/e8a7b651-6208-4f1d-af28-2d7a9f292afc