PLANT FACT SHEET

Eryngium paniculatum Cav. & Dombet ex F. Delaroche

GENUS *Eryngium* **FAMILY** Apiaceae

EDIBLE PARTS AND USES

Edible parts: Roots, Shoots, Stems, Leaves

The roots are eaten raw or cooked.
The shoots are cooked and eaten.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 50-100 cm tall. The leaves are long and narrow and have spines along the edge.

HABITAT

It is a subtropical plant. In Argentina it grows between 100-1,000 m above sea level.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ecddd0dd-41a8-493c-9690-44891478685c