PLANT FACT SHEET

Scrophularia trifoliata L.

GENUS *Scrophularia* **FAMILY** Scrophulariaceae

COMMON NAMES Three-leaved figwort

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are eaten as a snack.

DESCRIPTION

A herb. It has a woody base and grows up to 2 m tall. The leaves are opposite and sword shaped. The stems are 4 sided.

HABITAT

It is a Mediterranean climate plant.

NOTES

It has medicinal properties. This includes inhibiting HIV.

REFERENCES

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f62dcf4c-82d0-4c02-a261-678541ffae4c