



Common names

Caprifoliaceae

**Italian honeysuckle,**

Scientific name

***Lonicera caprifolium***

**Edible portion** Fruit, Flowers, Shoots,

### Description

A deciduous climber. It grows 4.5-6 m long. It can be grown as a ground cover. The leaves are in fused pairs 5-10 cm long. The flowers are creamy-white to yellow. They can have pink tints. The flowers are 5 cm long. They are cupped by the blue-green uppermost leaves. The fruit are orange-red berries.

### Distribution

It is a temperate plant. It is frost hardy. It suits hardiness zones 5-9.

### Found in:

Australia, Austria, Britain, Central America, Czech, Dominican Republic, Europe, Haiti, Italy, North America, Romania, Slovakia, Slovenia, Turkey, USA, West Indies,

### Use

CAUTION: The fruit may be poisonous.  
The flowers are eaten as a snack.  
The young shoots are eaten in salads.

### Cultivation

### Production



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**Nutritional Values**

*Lonicera caprifolium*

<b>Edible Part</b>	<b>/100 g edible portion</b>	<b>Moisture %</b>	<b>Energy KJ</b>	<b>Energy Kcal</b>	<b>Protein g</b>	<b>Provit A µg</b>	<b>Vit C mg</b>	<b>Iron mg</b>	<b>Zinc mg</b>
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