PLANT FACT SHEET

Reichardia tingitana (L.) Roth.

GENUS *Reichardia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem

The leaves at the base are eaten raw in salads or in stews. The leaves and stems are eaten raw with bread.

DESCRIPTION

A herb. It can grow each year from seeds or keep growing for a few years.

HABITAT

It is a Mediterranean plant. It can grow in arid places.

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