PLANT FACT SHEET

Launaea intybacea (Jacq.) Beauv.

GENUS *Launaea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are boiled and eaten. They are bitter unless well cooked. They are used as a potherb.

DESCRIPTION

A herb. The stems are 1 m tall. It has milky sap. The leaves are crowded near the base. The leaves are 10-25 cm long by 2-6 cm wide. The leaves have lobes and there are teeth at the edge of the last lobes. The flowers are yellow.

HABITAT

It is a tropical plant. In Ethiopia it grows as a weed in farmer's fields in low and mid altitudes.

PRODUCTION

Cultivation

Plants can be grown from pieces of the underground stem or rhizome.

Harvesting and Seed Production

It is available in wet times.

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