PLANT FACT SHEET

Centaurea jacea L.

GENUS *Centaurea* **FAMILY** Asteraceae

COMMON NAMES Harshweed

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked as a vegetable.

DESCRIPTION

A plant that keeps growing from year to year. It grows 60 cm high and spreads 50 cm wide. The stems are erect and have grooves. The leaves at the base are oval and have lobes. They taper to the leaf stalk. There are teeth around the edge. They leaves are arranged in a ring. The stem leaves are sword shaped, hairy and do not have a leaf stalk. The flowers are reddish-purple. They are 20 cm across. They occur singly at the top of the plant.

HABITAT

It is a temperate plant. It is best in dry chalky soils. It needs a protected shady position. It is resistant to drought and frost.

PRODUCTION

Cultivation

Plants can be grown by seeds.

REFERENCES

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 235

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0fb03413-eb70-4c4a-9889-83e72aaff636