PLANT FACT SHEET

Leontodon saxatilis Lam.

GENUS *Leontodon* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers - spice, Flowers - tea

The leaves are cooked and eaten.
The flowers are dried and use as a spice and for making a herbal tea.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54

Tbatou, M, et al, 2016, Wild Edible Plants traditionally used in the countryside of El Jadida, Coastal Area in the Center of Morocco. Life Sciences Leaflets 75:28-48

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/11b11e70-2890-4e3d-a6ff-cffd28119162