PLANT FACT SHEET

Launaea fragilis (Asso) Pau

GENUS *Launaea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw in salads and cooked with meat.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant. It grows in the Sahara and arid places.

REFERENCES

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

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/1af989de-cfbe-4be5-8895-305894022d9e