PLANT FACT SHEET

Cichorium pumilum Jacq.

GENUS *Cichorium* **FAMILY** Asteraceae

COMMON NAMES Dwarf chicory

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots

The young leaves are boiled and eaten as salad with yoghurt. They are also fried with onions and spices. The roasted roots are used as a coffee substitute.

DESCRIPTION

A herb. It grows 5-100 cm tall. The stems are branched in a divided fashion. They are waxy. The leaves are oblong. The flowering heads do not have stalks. The flowers are blue.

HABITAT

It is a Mediterranean plant. It grows in marshes.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1bda2eaa-17ad-42d0-aa25-4b69617d1a92