PLANT FACT SHEET

Scorzonera hispanica L.

GENUS *Scorzonera* **FAMILY** Asteraceae

COMMON NAMES Scorzonera, Beach salsify, Black Salsify

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root, Vegetable

It can be eaten raw in salads or boiled as a vegetable.
The roots are peeled and soaked before cooking to remove the bitter taste.
The leaves are used in salads.
The flower petals can be sprinkled on a salad.
The roasted roots are used as a coffee substitute.

DESCRIPTION

An annual plant. It can keep growing from year to year from the fattened taproot. The root is shaped like a carrot and has black skin and white flesh. The leaves are oblong and hairy. They grow in a ring. The flowers are yellow. They are on long thin flower stalk. There are several named cultivated varieties.

Probably now Pseudopodospermum hispanicum

HABITAT

It is a temperate plant. It does not suit the tropics. It is grown in some tropical highland regions. It suits hardiness zones 4-9. In Hobart Botanical gardens.

PRODUCTION

Cultivation

Plants are grown from seed. Plants are thinned to 10 cm apart. The roots are very brittle. It is best grown in light sandy soils to encourage long smooth roots.

NOTES

It is useful for diabetic diets.

PICTURES



Credit: Food Plants International (Bruce French)

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