PLANT FACT SHEET

Anacyclus valentinus L.

GENUS *Anacyclus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The stems and leaves are used in stews.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Rivera, D., et al, 2007, Gathered Food Plants in the Mountains of Castilla–La Mancha (Spain): Ethnobotany and Multivariate Analysis. Economic Botany, 61(3),

Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/215d16e2-dff7-41fb-98f8-3a0edfa664bd