PLANT FACT SHEET

Tolpis umbellata Bertol.

GENUS *Tolpis* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Shoots

The young shoots are cooked and eaten

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2641be7d-7b3d-4e71-ad0b-a5a06062c05e