PLANT FACT SHEET

Urospermum picroides (L.) Scop. ex F. W. Schmidt

GENUS *Urospermum* **FAMILY** Asteraceae

COMMON NAMES False hawkbit, Prickly goldenfleece, Sow thistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Root

The leaves are cooked and eaten. They are used in soups and stews. They are also used with other greens in a vegetable pie.
The stems are eaten raw as a snack.

DESCRIPTION

A low herb which keeps growing from year to year. It grows 60 cm tall. The leaves at the base are divided into lobes along the stalk. The lobes point backwards. The leaves on the stem are oval or sword shaped. They clasp the stem and the upper leaves are opposite. The flower bracts are oval or sword shaped and often have a dark violet edge. They have long points and bristly hairs. The flower heads are pale yellow. The achenes are 11-15 mm long.

HABITAT

It is a Mediterranean climate plant. It grows on fallow land and waste ground. It grows in warm temperate places. It can grow in dry soil. It can grow in arid places. In Argentina it grows below 500 m above sea level.

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