PLANT FACT SHEET

Hypochaeris glabra L.

GENUS *Hypochaeris* **FAMILY** Asteraceae

COMMON NAMES Smooth Cat's-ear

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots - coffee

The young galls are eaten raw.
The young leaves are cooked and eaten.

DESCRIPTION

A herb which re-grows from seed each year. It grows 20 cm high. It only has a few branches. The leaves form a ring near the base. The leaves are almost smooth and not hairy. They are narrow sword shaped. They are 1.5-10 cm long by 0.5-2 cm wide. The leaves have lobes or blunt teeth. The leaves narrow to the base and have blunt tips. The flowers occur singly in heads on the end of the stems. These flowering stems are 5-20 cm high. The flowers are less than 1 cm across. They are yellow.

HABITAT

It grows in subtropical and temperate places. It grows in dry sandy places. In Argentina it grows below 500 m above sea level. Tasmania Herbarium.

NOTES

There are about 50 Hypochaeris species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 282

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 462

Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 122

Dashorst, G.R.M., and Jessop, J.P., 1998, Plants of the Adelaide Plains & Hills. Botanic Gardens of Adelaide and State Herbarium. p 154

Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 368

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

Gonzalez, J. A., et al, 2011, The consumption of wild and semi-domesticated edible plants in the Arribes del Duero (Salamanca-Zamora, Spain): an analysis of traditional knowledge. Genetic. Resour Crop Evolution 58:991-1006

Harris, S., Buchanan, A., Connolly, A., 2001, One Hundred Islands: The Flora of the Outer Furneaux. Tas Govt. p 166

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 100

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 144

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 135

Low, T., 1991, Wild Herbs of Australia and New Zealand. Angus & Robertson. p 27

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 222

Otway, C., Edible Weeds and Foraging around Perth, Australia. Terra Perma. p 4

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

Pieroni, A., et al, 2023, Bitter Is Better: Wild Greens Used in the Blue Zone of Ikaria, Greece. Nutrients 15, 3242.

Pieroni, A., et al, 2024, Isolated Mediterranean foraging: wild greens in the matrifocal community of Olympos, Karpathos Island, Greece. Journal of Ethnobiology and Ethnomedicine (2024) 20:98

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Sp. pl. 2:811. 1753

Stanley, T. D. & Ross, E. M., 1986, Flora of south-eastern Queensland Volume 2. Queensland Government p 592

Tasmanian Herbarium Vascular Plants list p 6

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

Zizka, G., 1991, Flowering Plants of Easter Island. Palmarum Hortus Francofurtensis

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/27708d1d-0525-4fe2-b2c5-6c724293f6c1