PLANT FACT SHEET

Hypochaeris radicata L.

GENUS *Hypochaeris* **FAMILY** Asteraceae

COMMON NAMES Deep-rooted catsear, Spotted cat's ear

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Stems, Flower

The young leaves are cooked and eaten. They can also be used in salads, soups and stews.
The roots can be cooked as a vegetable or roasted and ground as a coffee substitute.

DESCRIPTION

A herb. It keeps growing from year to year. The young plant is a ring of leaves near the ground. The stem is solid, round and with a groove along it. It gives off white sap when cut. The leaves have irregular lobes. The leaves are 25 cm long and in a ring near the base. The leaves are hairy. Branched flowering stems arise from the centre of the ring of leaves. These are about 30-40 cm long. The flowers are 2-3 cm across.

HABITAT

It is a temperate plant. It grows in grassland. It grows at high altitude in the tropics. In Zimbabwe it grows between 1,500-1,800 m above sea level. In Argentina it grows from sea level to 1,500 m above sea level. Tasmania Herbarium.

NOTES

There are about 50 Hypochaeris species.
Hypochaeris and Hypochoeris radicata is correct are probably confused.

REFERENCES

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 202

Barreau, A., et al, 2016, How Can We Teach Our Children if We Cannot Access the Forest? Generational Change in Mapuche Knowledge of Wild Edible Plants in Andean Temperate Ecosystems of Chile. Journal of Ethnobiology 36(2): 412–432

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 14

Biscotti, N. & Pieroni, A., 2015, The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy. Acta Societatis Botanicorum Poloniae 84 (3): 327-338

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Bonet, M. A. & Valles, J., 2002, Use of non-crop food vascular plants in Montseny biosphere reserve (Catalonia, Iberian Peninsula). International Journal of Food Sciences and Nutrition (2002) 53, 225–248

Bvenura, C. and Afolayan, A. J., 2017, Tackling food and nutrition insecurity using leafy wild vegetables: The nutritional compositions of some selected species.

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318

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

Curtis, W.M., 1963, The Students Flora of Tasmania Vol 2 p 385

Daly, A. B., 20014, Narrating changing foodways: wild edible plant knowledge and traditional food systems in Mapuche lands of the Andean Temperate Forests, Chile. Masters Thesis Vancouver. p 45

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

Diaz-Betancourt, M., et al, 1999, Weeds as a future source for human consumption. Rev. Biol. Trop. 47(3):329-338

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 40

Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 369

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 128

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

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

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 352

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

Hyde-Wyatt, B.H. & Morris D.I., 1975, Tasmanian Weed Handbook. Dept of Ag Tasmania. p 36

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 151

Kallas, J., 2010, Edible Wild Plants. Wild Foods from Dirt to Plate. Gibbs Smith. p 297

Ladio, A., Lozada, M. & M. Weigandt, 2007, Comparison of traditional wild plant knowledge between aboriginal communities inhabiting arid and forest environments in Patagonia, Argentina. Journal of Arid Environments 69 (2007) 695–715

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

Letsela, T., et al, 2003, Plant Resources Used for Subsistence in Tsehlanyane and Boking in Lesotho. Economic Botany 57(4): 619-639

Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15

Licata, M., et al, 2016, A survey of wild plant species for food use in Sicily (Italy) – results of a 3-year study in four Regional Parks. Journal of Ethnobiology and Ethnomedicine 12:12

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

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

Low, T., 1992, Bush Tucker. Australia's Wild Food Harvest. Angus & Robertson. p 28, 152

Luczaj et al, 2013, Wild vegetable mixes sold in the markets of Dalmatia (southern Croatia). Journal of Ethnobiology and Ethnomedicine. 8:2

Luczaj, L. et al, 2014, Wild Food Plants of Dalmatia (Croatia). in A. Pieroni, C. L. Quave (eds.), Ethnobotany and Biocultural Diversities in the Balkans, p 142

Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 85

Malezas Comestibles del Cono Sur, INTA, 2009, Buernos Aires

Nebel, S., Pieroni, A. & Heinrich, M., 2006, Ta cho`rta: Wild edible greens used in the Graecanic area in Calabria, Southern Italy. Appetite 47 (2006) 333–342

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

Full reference list (22 more) at https://www.echocommunity.org/en/resources/27a34071-0d77-42bb-95b0-43fc9d2d394e

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/27a34071-0d77-42bb-95b0-43fc9d2d394e