PLANT FACT SHEET

Taraxacum hellenicum Dahlst.

GENUS *Taraxacum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

It is eaten fresh with olives, onions and bread.
They are also eaten boiled.

DESCRIPTION

A herb. It keeps growing from year to year,

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Della, A., et al, 2006, An ethnobotanical survey of wild edible plants of Paphos and Larnaca countryside of Cyprus. J. Ethnobiol. Ethnomed. 2:34

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2fd5e6ce-3765-44f6-927f-ced6cdc68ea9