PLANT FACT SHEET

Chiliadenus iphionoides (Boiss. & C. I. Blanche) Brullo

GENUS *Chiliadenus* **FAMILY** Asteraceae

COMMON NAMES Sharp varthemia, Goldy locks

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used to add flavour to meat and soup.
The leaves are used for tea drinks.

DESCRIPTION

A small shrub.

HABITAT

It is a Mediterranean climate plant. It grows on rocky ground.

NOTES

It has anti-diabetes benefits.

REFERENCES

Jamous, R.M., et al, 2026, Antidiabetic and antioxidant potentials of selected traditional Palestinian medicinal plants. Academia Biology 2016, 4 p 3
World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4a2d71ef-d05f-46fc-b013-511c54452384