PLANT FACT SHEET

Madia sativa Molina

GENUS *Madia* **FAMILY** Asteraceae

COMMON NAMES Coast tarweed, Chilean oilplant

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - oil

Oil is expressed from its seeds. It is used in place of olive oil.
The seeds are eaten raw or roasted or dried. The crushed seeds are added to soups.
The seeds are mixed with maize flour.

DESCRIPTION

An annual herb. It is covered with sticky hairs. These have a bad smell. It grows 20-90 cm tall. The leaves do not have stalks. The lower leaves form a ring. The upper leaves are alternate. They are narrow and entire. The flowers are yellow.

HABITAT

It is a warm temperate plant. In Chile it grows from sea level to 2,000 m above sea level. In Argentina it grows from sea level to 1,300 m above sea level. It grows in humid places with constant rainfall. It grows in full sun. It suits hardiness zone 9. It can tolerate light frosts.

PRODUCTION

Cultivation

The seeds need to be sown fresh.

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