PLANT FACT SHEET

Taraxacum minimum (Guss.) N. Terracc.

GENUS *Taraxacum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves

The shoots are cooked and eaten.

DESCRIPTION

A herb. It keeps growing from year to year. It has a tap root. The leaves have short lobes. These are triangle shape and there are teeth along the edge. The flowers are 3 cm wide and yellow.

HABITAT

It is a Mediterranean climate plant. It grows between 200-2,000 m above sea level.

REFERENCES

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

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/52b085c5-6fee-4aa3-9871-8823eaab71be