PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Chamaeleon gummifera (L.) Cass.

GENUS *Chamaeleon* **FAMILY** Asteraceae

COMMON NAMES Masticogna laticifera

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The flowers are eaten boiled or in stew.
The tender sprouts with young leaves are used in stews.

DESCRIPTION

A low thistle like plant. It is stout but stem-less. The plant is hairy in parts. The leaves are oblong and divided into leaflets along the stalk. There are spines at the tip. The stalks sheath at the base. The flower-heads are purple or pink. They are 30-70 mm along. They occur singly. The middle flower bracts have 3 spines at the tip.

HABITAT

It is a Mediterranean climate plant. It grows in dry habitats. It can grow in arid places.

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