PLANT FACT SHEET

Launaea nudicaulis (L.) Hook.f.

GENUS *Launaea* **FAMILY** Asteraceae

COMMON NAMES Bold-leaf launaea

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves at the base are eaten in curries and also as salads.
They are also used for a cooling drink.

DESCRIPTION

A herb. It is short and hairless. It can be 20-60 cm tall. It can complete its life cycle in 2 years or keep growing for several years. The leaves are mostly in the lower half of the stem. They are oblong with leaflets along the stalk. The segments are narrow. The edges of the leaves have tiny white spines. The flower heads are yellow and 20-26 mm across. The achenes are 3-4 mm along.

HABITAT

It is a Mediterranean plant. Bombay. It grows on dry salty soils. It can grow in arid places. It grows in the Sahara.

REFERENCES

Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science.

Bailey, C. and Danin, A., 1981, Bedouin Plant Utilization in Sinai and the Negev. Economic Botany 35(2): 145-162

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 465

Dop, M. C., et al, 2019, Identification and frequency of consumption of wild edible plants over a year in central Tunisia: a mixed-methods approach. Public Health Nutrition: 23(5), 782–794

GAMMIE

Karim, F. M. & Dakheel, A, J., 2006, Salt-tolerant plants of the United Arab Emirates. 2006. International Center for Biosaline Agriculture, Dubai, UAE. p 79

Mandaville, J. P., 2004, Bedouin ethnobotany: Plant concepts and plant use in a desert pastoral world. PhD thesis University of Arizona. p 160

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 185

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 222

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54

Phillips, D.C., 1988, Wild Flowers of Bahrain. A Field Guide to Herbs, Shrubs, and Trees. Privately published. p 74

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

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 11th April 2011]

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 27

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

Vartak, V.D. and Kulkarni, D.K., 1987, Monsoon wild leafy vegetables from hilly regions of Pune and neighbouring districts, Maharashtra state. J. Econ. Tax. Bot. Vol. 11 No. 2 pp 331-335

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/59b61747-5328-4f7d-93c6-ba3a4740aa02