PLANT FACT SHEET

Tragopogon crocifolius L.

GENUS *Tragopogon* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The leaves are eaten boiled in soups or raw in salads. They are seasoned with oil and salt.

DESCRIPTION

A herb. It is like salsify but the leaves do not widen much at the base. The flower heads are violet with the centre yellow.

HABITAT

It is a Mediterranean climate plant. It grows on grassy and stony habitats in the Mediterranean.

NOTES

There are about 50 Tragopogon species.

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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/5de2c755-d840-4e62-9ceb-84147f1c297c