PLANT FACT SHEET

Cichorium spinosum L.

GENUS *Cichorium* **FAMILY** Asteraceae

COMMON NAMES Spiny chicory

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used in salads and also boiled.

DESCRIPTION

A small shrub. It is densely branched. It forms mounds. It can be 20 cm tall. The stems are branched from the base. The upper branches are non flowering and like spines. The leaves are fleshy and narrowly oval but broadest above the middle. They have teeth and lobes. The flower heads are blue and 10-15 mm across. They can occur singly or in clusters of 2-4. The outer flower bracts are oval and one third the length of the inner bracts. There are 5-6 florets in a flower head.

HABITAT

It is a Mediterranean climate plant. It grows in rocky crevices and sandy places. It is usually near the coast.

NOTES

There are about 9 Cichorium species.

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