PLANT FACT SHEET

Launaea capitata (Sprengel) Dandy

GENUS *Launaea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw in salads and cooked as a green vegetable, especially with meat.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean plant. It can grow in arid places. It grows in the Sahara.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/604049b3-d13b-4ed2-984c-54c2a0b27c7c