PLANT FACT SHEET

Bellis annua L.

GENUS *Bellis* **FAMILY** Asteraceae

COMMON NAMES Annual daisy

EDIBLE PARTS AND USES

Edible parts: Leaves - basal ring, Flowers

The basal ring of leaves are eaten raw or are cooked in stews.
The flowers are used for tea.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/62783c8d-9ed9-43e2-98df-c8d3ad0f91cb