PLANT FACT SHEET

Knautia arvensis (L.) Coult.

GENUS *Knautia* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are boiled in mixtures. They are used in omelettes and soups.

DESCRIPTION

A herb.

HABITAT

It is a temperate or Mediterranean climate plant.

REFERENCES

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Mattalia, G., et al, 2012, Traditional uses of wild food and medicinal plants among Brigasc, Kye´, and Provenc¸al communities on the Western Italian Alps. Genet Resour Crop Evol. Springer

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/62e17345-bc56-4b70-a35a-36e20ffeb55b