PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Arctotheca calendula (L.) Levyns

GENUS *Arctotheca* **FAMILY** Asteraceae

COMMON NAMES Cape dandelion, Capeweed

EDIBLE PARTS AND USES

Edible parts: Pollen, Root, leaves

The pollen is used in cooking.
The leaves are eaten as a snack and cooked as a vegetable.

DESCRIPTION

An annual herb. It has a short stem or no stem. It can grow 30 cm high and 80 cm wide. It has a taproot and ring of leaves at the base. The leaves are 5-25 cm long and 2-6 cm wide. The leaf stalks are 6 cm long. They clasp the stem. The leaves are spear shaped and backward pointing. They have deep lobes and are felted underneath. The flower head is 1.5 cm across and yellow.

HABITAT

It is a temperate or subtropical plant. In Argentina it grows from sea level to 500 m above sea level.

NOTES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/66e69307-47bf-4e49-ac60-d96937f7b7d3