PLANT FACT SHEET

Reichardia tingitana var. tingitana (Pomel) Batt.

GENUS *Reichardia* **FAMILY** Asteraceae

COMMON NAMES False sowthistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Bulbs

DESCRIPTION

A herb. The leaves are arranged alternately. They have teeth along the edge. The flower petals are yellow.

HABITAT

It is a Mediterranean climate plant. It grows in the Sahara and arid places.

PRODUCTION

Cultivation

It is grown from seed.

NOTES

Medicine,

REFERENCES

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54 (As Reichardia tingitana subsp. discolor)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6d6c409a-63b3-4313-bf31-c13f089cab65