PLANT FACT SHEET

Telekia speciosa (Schreb.) Baumg.

GENUS *Telekia* **FAMILY** Asteraceae

COMMON NAMES Large yellow ox-eye, Heart-leaf ox-eye

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves

The young shoots are cooked as a vegetable.

DESCRIPTION

A herb that keeps growing from year to year. It can grow 2 m tall. The leaves are triangle shaped and green and have double teeth. The leaves can be 1-4 cm long. They are hairy underneath. The flowers are on slender stems and have yellow petals.

HABITAT

It is a temperate plant.

REFERENCES

Redzic, S. & Ferrier, J., 2014, The Use of Wild Plants for Human Nutrition During a War: Eastern Bosnia (Western Balkans). Chapter 9 in A. Pieroni, C. L. Quave (eds.), Ethnobotany and Biocultural Diversities in the Balkans,Springer Science

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/74455db9-b5d5-4abd-b762-40aae8084fb4