PLANT FACT SHEET

Arctium lappa subsp. platylepis (Boiss. & Bal.) Arenes

GENUS *Arctium* **FAMILY** Asteraceae

COMMON NAMES Halemhort

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Stem

The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The roots are eaten raw after the skin is removed.
The stem is peeled and then eaten raw.

DESCRIPTION

A herb.

HABITAT

It is a temperate climate plant. It grows in Western Turkey.

REFERENCES

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Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement (As Arctium platylepis)

Senkardes, I., et al, 2019, An Ethnobotanical Analysis on Wild Edible Plants of the Turkish Asteraceae Taxa. Agric. conspec. sci. Vol. 84 No. 1 (17-28) (As Arctium platylepis)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/779fd2bf-6bd2-40a7-ae0a-75ab90f59462