PLANT FACT SHEET

Klasea cerinthifolia (Sm.) Greuter & Wagenitz

GENUS *Klasea* **FAMILY** Asteraceae

COMMON NAMES Saw wort

EDIBLE PARTS AND USES

Edible parts: Leaves

The ring of the leaves at the base are eaten cooked or raw in salads.

DESCRIPTION

A herb. It keeps growing from year to year.

HABITAT

It is a temperate to Mediterranean climate plant.

REFERENCES

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

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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/77ed1332-dd66-4eeb-8566-8174469f2035