PLANT FACT SHEET

Reichardia dichotoma Freyn

GENUS *Reichardia* **FAMILY** Asteraceae

COMMON NAMES Glaucouse reichardia

EDIBLE PARTS AND USES

Edible parts: Leaves

The basal ring of leaves are cooked in stews.

DESCRIPTION

A herb. The leaves are long and with deep indentations or lobes along the edges. The flowers are yellow.

HABITAT

It is a temperate 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/7ce7b60d-3e42-475b-8753-b5db18f23743