PLANT FACT SHEET

Tragopogon pratensis L.

GENUS *Tragopogon* **FAMILY** Asteraceae

COMMON NAMES Goatsbeard, Yellow goats beard

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves, Vegetable, Stems, Flowers

The root has been used as a famine food. They are boiled for 20 minutes.
The tender young leaves are eaten raw or boiled for 5 minutes. They are also used in soups.
The flowering stems and buds are cooked and eaten.
The flowers are used in salads.

DESCRIPTION

A tall herb. It can be an annual or grow for some years. It can have some hairs. The stems are usually not branched. It grows 70 cm tall. The stems grow upwards from a large taproot. The leaves are narrow and have a channel along them. The leaves on the stem partly clasp the stem. These leaves taper to a fine point. The flower heads are pale yellow. Each flower contains 8 sword shaped bracts. The fruit are round and fluffy. They are made up of several small nutlets. Each one has small feather like bristles.

HABITAT

It is a temperate plant. It grows in waste places and along roadsides. in Argentina it grows from sea level to 500 m above sea level. It suits hardiness zone 9. It can tolerate some frost.

PRODUCTION

Cultivation

Plants are grown by seeds.

NOTES

There are about 50 Tragopogon species.

PICTURES



Credit: Food Plants International (Bruce French)

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