PLANT FACT SHEET

Arctium minus (Hill) Bernh.

GENUS *Arctium* **FAMILY** Asteraceae

COMMON NAMES Lesser Burdock, Beggar's buttons

EDIBLE PARTS AND USES

Edible parts: Stems, Leaves, Roots, Flower stalk

The young leaves and leaf stalks are eaten as potherbs. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The young flower stalk is peeled and eaten in salads or cooked like asparagus.
The roots are peeled and sliced and eaten with sesame seeds and soy sauce.
The roasted and ground roots are used as a coffee substitute

DESCRIPTION

A herb which keeps growing from year to year. It grows 60-100 cm high. The leaves are heart shaped and have teeth around the edge. The leaves are pointed towards the tip. The leaves near the base have hollow stems. It has a cluster of small flowers. They form heads with very short stalks. There are bracts around these flower heads which are shorter than the flowers. The flower head is purple. There are white styles in the centre.

HABITAT

It is a temperate or Mediterranean climate plant. It grows in waste areas. In Argentina plants grow from sea level to 1,000 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by seeds.

NOTES

There are 10 Arctium species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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