PLANT FACT SHEET

Reichardia intermedia (Sch.Bip.) Samp.

GENUS *Reichardia* **FAMILY** Asteraceae

COMMON NAMES Intermediate reichardia

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves at the base are eaten in salads or stews.

DESCRIPTION

An annual herb. The stems are erect. They grow 60 cm tall. The leaves are long and with deep indentations along the edges. The flower is yellow and like a dandelion. They occur singly and are 1.5-3 cm across.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8a830ed6-c15f-4e9f-b20a-45d6a4979b54