PLANT FACT SHEET

Tripolium pannonicum (Jacq.) Dobrocz.

GENUS *Tripolium* **FAMILY** Asteraceae

COMMON NAMES Sea aster

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves

The young shoots are used in lake fish-based soups.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Biscotti, N. & Pieroni, A., 2015, The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy. Acta Societatis Botanicorum Poloniae 84 (3): 327-338

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 128

Luczaj, L. et al, 2012, Wild food plant use in 21st century Europe: the disappearance of old traditions and the search for new cuisines involving wild edibles. Acta Soc Bot Pol 81(4):359–370 (As Tripolium vulgare)

PROVIDED BY **Food Plants International**

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/96fd4dfc-2da5-4456-a039-a6203dd26d52