PLANT FACT SHEET

Limbarda crithmoides (L.) Dumort.

GENUS *Limbarda* **FAMILY** Asteraceae

COMMON NAMES Golden samphire

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Flavouring

The leaves are pickled and eaten as a condiment.
The leaves and young shoots have been pickled in vinegar and added to salads as a relish.

DESCRIPTION

A sprawling small shrub. It usually has a woody base. It grows 1 m tall. The stems branch low down. The leaves are fleshy and crowded. They are narrow and do not have teeth except for 3 at the tips occasionally. The flower heads are yellow with a golden disk. They are 20-28 mm across and in flat topped clusters. The flower bracts are narrow and erect.

HABITAT

It is a Mediterranean climate plant. It grows in coastal regions in the Mediterranean. They are often near salt lakes and sandy or rocky habitats.

NOTES

There are about 100 Inula species.

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