PLANT FACT SHEET

Leontodon tuberosus L.

GENUS *Leontodon* **FAMILY** Asteraceae

COMMON NAMES Tuberous hawkbit

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Roots, Tubers

The leaves are boiled and seasoned with olive oil. They are used in soups.
The roots are cooked and eaten as a vegetable.

DESCRIPTION

A herb. The stems are hairy. There are leaves at the base of the stem. They are elongated and have large irregular teeth around the edge. The flowers are bright yellow.

HABITAT

It is a Mediterranean plant. It grows in dry regions in Cyprus. It can grow in arid places.

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