PLANT FACT SHEET

Gundelia tournefortii L.

GENUS *Gundelia* **FAMILY** Asteraceae

COMMON NAMES Tournefort's gundelia, Tumble thistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Flower - heads, Stems, Vegetable, Roots

The young plant and the flower buds and stem are eaten as a vegetable. They are also used in pickles.
Roots and stems can be peeled and eaten raw. They are also cooked in stews.
Stems are cooked with chickpeas.
The buds are boiled and sauteed in butter.
The seeds are dried and ground and used as a coffee substitute.

DESCRIPTION

A thistle like herb which keeps growing from year to year. It is leafy and can have some hairs. The leaves are narrowly oval and divided into lobes along the stalk. The lower leaves have a stalk and the upper leaves do not have a stalk. The leaf blade often runs down the stem. The leaves have easy to see veins. The midrib is often purple and there are small yellow spines around the edge. The flower heads can be white, yellow, pink, purple or red. They are gathered into spiny heads. They are 4-5 cm across.

HABITAT

It is a Mediterranean plant. It grows along the coast. It can grow in dry and salty soils. It can grow in arid places.

PRODUCTION

Cultivation

The fruiting heads break of and spread the seeds.

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