PLANT FACT SHEET

Andryala integrifolia L.

GENUS *Andryala* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Stems, Leaves, Flowers

The young stems are eaten raw as a snack.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

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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/a154078d-558e-427c-b160-79b5ae6efd99