PLANT FACT SHEET

# *Leontodon crispus* Vill.

**GENUS** *Leontodon* **FAMILY** Asteraceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The young ring of leaves at the base are used in soups and stews. They are boiled then fried.

## DESCRIPTION

A herb.

## HABITAT

It is a temperate plant.

## NOTES

The name is ambiguous.

## REFERENCES


Pieroni, A., et al, 2005, Food for two seasons: Culinary uses of non-cultivated local vegetables and mushrooms in a south Italian village. International Journal of Food Sciences and Nutrition, 56(4): 245-272

Senkardes, I., et al, 2019, An Ethnobotanical Analysis on Wild Edible Plants of the Turkish Asteraceae Taxa. Agric. conspec. sci. Vol. 84 No. 1 (17-28) (As Leontodon crispus subsp. asper var. setulosus)



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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/ae198117-ac3a-46d0-bd76-a6cef7cee40a