PLANT FACT SHEET

Hypochaeris laevigata (L.) Ces., Pass. & Gibelli

GENUS *Hypochaeris* **FAMILY** Asteraceae

COMMON NAMES Costolina levigata

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten fried or boiled. They are seasoned with salt and olive oil.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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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/b01d4499-b320-4a80-af55-2532ef80c9c2