PLANT FACT SHEET

# *Dipsacus fullonum* L.

**GENUS** *Dipsacus* **FAMILY** Caprifoliaceae

**COMMON NAMES** Teasel

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Root - tea

The young leaves are boiled with mixtures of leaves. The spiny hairs need to be avoided.
The roots are used to make a tea drink.

## DESCRIPTION

A herb. It grows for 2 years. The first year there is a ring of leaves. In the second year it grows 2.5 m tall. The leaves are shiny green and have scalloped edges. Leaves on the stems are smaller. Flower stems are erect. The flower head has flowers that develop in the centre then these grow wider. The central flowers die quickly. The flowers are lilac.

## HABITAT

It is a Mediterranean climate plant. It grows in damp, fertile soil in sunny locations.

## REFERENCES


Biscotti, N. & Pieroni, A., 2015, The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy. Acta Societatis Botanicorum Poloniae 84 (3): 327-338 (As Dipsacum)

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

www.wildediblefood.com



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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/bd7fd10a-84b4-459b-9401-25b2c2845782