PLANT FACT SHEET

Tragopogon dubius Scopoli

GENUS *Tragopogon* **FAMILY** Asteraceae

COMMON NAMES Yellow Goatsbeard, Western Salsify, Yellow salsify

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Stem, Gum

The young stems and bases of the lower leaves are used as a potherb.
The very young roots are eaten raw or cooked.
The milky sap is used as a chewing gum.

DESCRIPTION

A herb that takes 2 years to complete its life cycle. It is like a large dandelion. In grows 20-60 cm tall. It is very similar to Salsify except it has yellow flowers. The flower stalks are strongly inflated below the flower heads. There are 8-12 flower bracts. The flower heads occur singly and are 3-5 cm across. The fruit is a narrow long-beaked achene.

HABITAT

It is a temperate plant. It grows in dry woodland and rough grassy places. In western China it grows on stony steppes and grassy slopes at the base of mountains between 500-2,000 m above sea level. In Argentina it grows from sea level to 1,000 m above sea level.

NOTES

There are about 50 Tragopogon species.

PICTURES



Credit: Food Plants International (Bruce French)

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