PLANT FACT SHEET

Coleostephus myconis (L.) Rchb. f.

GENUS *Coleostephus* **FAMILY** Asteraceae

COMMON NAMES Corn marigold

EDIBLE PARTS AND USES

Edible parts: Leaves

The coastal ring of leaves are cooked and eaten. They are also used in salads.

DESCRIPTION

A herb. It grows each year from seed. It is 20-50 cm tall. It can be hairy. The lower leaves are rounded at the end or spoon shaped. The high leaves are sword shaped and with teeth along the edge. The flower shoots are 2-3 cm wide and orange to yellow.

HABITAT

It is a Mediterranean climate plant. It grows from sea level to 800 m above sea level.

REFERENCES

Alrhmoun,M., et al, 2025, Diachronic changes in local food heritage: the ethnobiology of wild foods in central Tuscany. Journal of Ethnobiology and Ethnomedicine (2025) 21:48

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/caba861d-b574-4747-a068-8478231ff128